

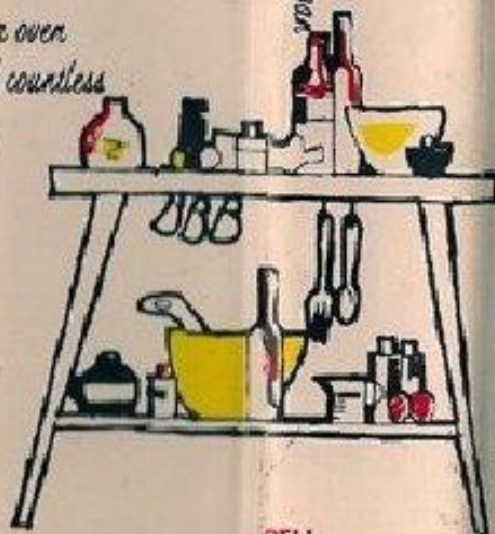
# the Gay Cookbook

Contents include:

- \* oysters, lobsters, shrimps... and what to do with crabs
- \* that old tired fish
- \* canapes, hor d'oeuvres, aphrodisiacs
- \* chicken queens, chicken a la king and our other feathered friends
- \* swish steak
- \* in your oven ... and countless others



the Gay Cookbook  
by Chef Lou Rand Hogan



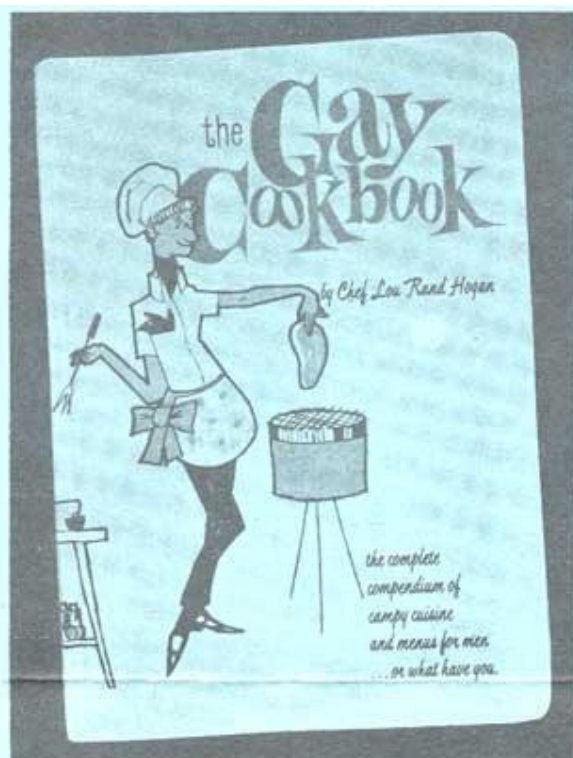
# the Gay Cookbook

by Chef Lou Rand Hogan



the complete  
compendium of  
campy cuisine  
and menus for men  
... or what have you.





# The Gay Cookbook



\$5.95

by Chef Lou Rand Hogan

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## Read the Introduction to this Wild Wacky Book

In these sensuous sixties, when we're all waiting for someone to drop that big one, and hoping — for goodness sake — that there isn't a cake in the oven at the moment, one pauses to note those perennial offerings of the literary entrepreneur — cookbooks.

Of course, there's nothing really new about cookbooks — some of the earliest known volumes remain from the time of those gay Caesars. Were they ever the ones! They'd eat it laying down; then, when they'd had all they could take, they'd swish into a handy room and spit it all out!

Of course, there've been some changes. Even fifty years ago many things weren't as good as they are now, including cookbooks. We had (yes, Myrtle, I do remember) some rather rough French translations in

this line (no pictures!) and the NEW BOSTON, or was it OLD FANNY FARMER?

Later, as the 20th century rolled on - and on - and on, cookbooks developed character, and characters developed cookbooks. Brawny wrestlers found that a well-publicized sponge cake tossed off while waiting for their wave to set was good business. Tired old burley queens offered cookbooks. Maine guides came out with 'em as did ministers, masons, and morticians.

In consequence, there are books on How to Cook a Wolf, and presumably vice-versa, a Book of One-Arm Cookery (it must be assumed that the other arm was cooked the week before) and so on. And there are the specialty cookbooks. Mad, girl, mad! Wine cookbooks, vegetable cookbooks, all-meat cookbooks, no-meat cookbooks (that's a life, dearie-some has it, some don't!)

In any case, there seem to be new jazzy cookbooks for everyone, for every type, every temperament. A mad, mad editor coyly suggested: "Oh, hell, May, why don't you people have a cookbook? After all, you're supposed to be 'one-in-six', and that's a lot of cooking!"

Well, why not? As a popular writer and columnist put it, "You used to guess whether one 'was' or 'wasn't'! Now it's damned hard to tell who isn't!" To repeat, why not? Many sad souls come home from a rough day over the ribbon counter, or from working over a hot comptometer, or even from 'down on Madison' (it's rough down on Madison, competition-wise) and face the prospect of wading into that grim little kitchenette to whip up something cheap and filling.

Yes, in that magic hour 'tween day and dark, after effacing the ravages of the day's toil and before the night's serious cruising, ya gotta take on some food. Man, woman, or child, a girl has got to eat!

So we'll offer here a sort of non-sensical cookbook for the androgynous (don't bother to look it up, Maude - it means "limp-wristed"). And while we can't guarantee the quality of the guests these dishes may be set before, we assure the reader that all preparations and recipe details are honest.

Here then is THE GAY COOKBOOK, which some queen will promptly call FAGGOT'S FARE!

Order your copy today — A433

### CHAPTERS INCLUDE:

— SALADS AND DRESSINGS, INCLUDING LE FRENCH — THAT TIRED OLD FISH — IN YOUR OVEN — SWISH STEAK — OYSTERS, LOBSTERS, SHRIMPS, AND WHAT TO DO ABOUT CRABS — WHAT TO DO WITH A TOUGH PIECE OF MEAT — and others just as succulent! Every recipe entirely useful!

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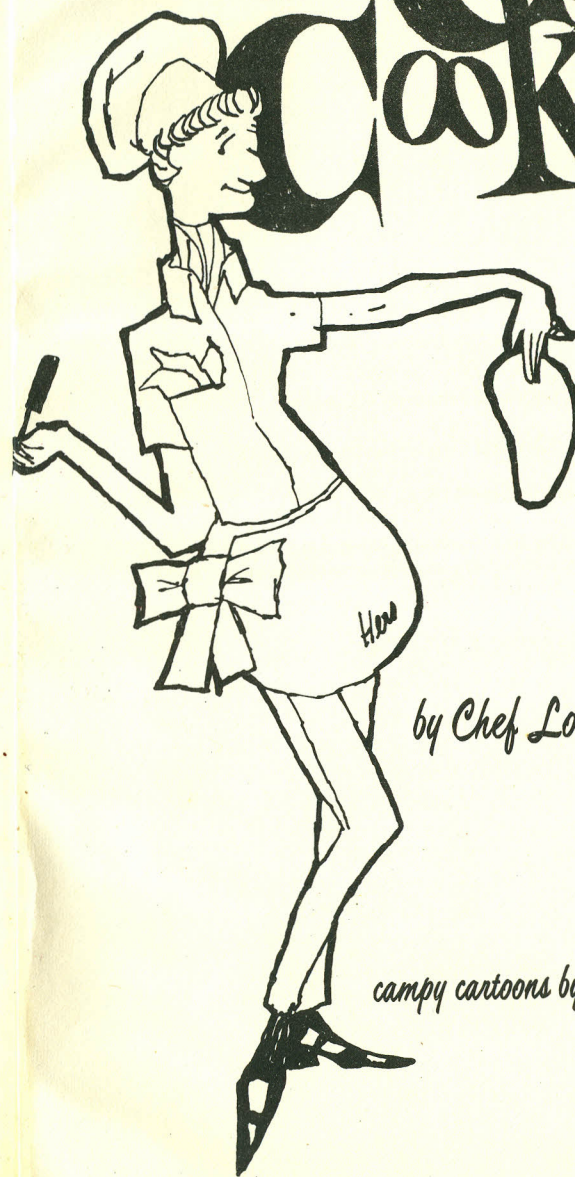
the  
**Gay Cookbook**

*Chaf Jon Rand Hooper*

**BELL**



# the Gay Cookbook



*by Chef Lou Rand Hogan*

*campy cartoons by David Costain*



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# INTRODUCTION

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*In these sensuous sixties, when we're all waiting for someone to drop that big one, and hoping—for goodness sake—that there isn't a cake in the oven at the moment, one pauses to note those perennial offerings of the literary entrepreneurs—cookbooks.*

*Each year, it seems, new and varied cookbooks are on the market; in fact, a cult of collectors of these items appears to be one of the motifs of our time.*

*Of course, there's nothing really new about cookbooks; some of the earliest known volumes remain from Rome in the time of those gay Caesars. Were they ever the ones! From all accounts those wayward Romans had some dietary and social habits that were just too much. They'd eat it laying down; then, when they'd had all they could take, they'd swish into a handy room and spit it all out! Obviously, these were amateurs, although maybe some things weren't quite as tasty then as they seem to be now.*

*Fragments of even more ancient Egyptian papyrus, cuneiform bricks that are all but undecipherable, together with mystic items such as the Rosetta Stone, the Dead Sea Scrolls, are found to abound with references such as: "... take a half-pound of the high-priced spread, two macerated turnips, a leek . . .," etc.*

*Of course, there've been some changes. Even fifty years ago many*



things weren't as good as they are now, including cookbooks. We had (. . . yes Myrtle, I do remember . . .) some rather rough French translations in this line (no pictures!), and the NEW BOSTON, or was it OLD FANNY FARMER? A couple of truly wonderful old books for dyed-in-the-wool professionals by European chefs Ranhofer and Escoffier were around. Then, from across the sea some local collections of "receipts"; and the Ladies' Guilds of many large and small American communities often got together and put out regional, or even neighborhood cookbooks. These last undoubtedly caused many of the family split-ups noted in the War between the States.

Later, as the 20th century rolled on—and on—and on, cookbooks developed character, and characters developed cookbooks. The trusty "old family receipts" became tried-and-true original recipes directly from Paul Bunyan and/or Johnny Appleseed. The classic bit about fishcakes—with or without tomato sauce—was said to come directly from that New England Priscilla who was left alone with her skillet when John and Miles went out into the woods to . . . er . . . talk it over.

Then, Presidents, or their good wives, Eleanor, Bess, and Mamie all had their cookbooks. Ladybird will tell you how to barbecue an ox, at the drop of a hat, and it is claimed she can turn out a jazzy bowl of hot chili. Yes, Presidents and Senators and Archbishops and actors too, have all "allowed as how they like to cook."

Brawny wrestlers found that a well-publicized sponge-cake tossed off while waiting for their wave to set was good business. Tired old burley queens offered cookbooks. Maine guides came out with 'em, as did ministers, masons, and morticians.

Celebrities got into the act. It paid more than vaudeville for a while there! Hat-check girls, bell-hops, floormen and doormen grinned from the covers of some real tired material. Lindy's waiters, Gallagher's waiters, Luchow's waiters, 21's waiters, even the Colony's waiter-captain, (a waiter wrote it, but the captain got most of the credit, most of the tip), all were in the book business.

In consequence, there are books on How to Cook a Wolf, and presumably vice-versa, a Book of One-Arm Cookery (it must be assumed that the other arm was cooked the week before) and so on. And there are the specialty cookbooks. Mad, girl, mad! Wine cookbooks, vegetable cookbooks, all-meat cookbooks, no-meat cookbooks, (that's a life, dearie. Some has it, some don't!)

There's books on how to cook Campbell's Soups, Campbell's Pork and Beans, Campbell's Cat and Parakeet Manna, Campbell's Hi-Pruf Radiator Compound, Campbell's Camden Town Cheesy Sauce, etc. The Campbell people, never ones to pick up their dolls and go home, have, it is alleged, also come out with a gorgeous little book as a prize. This little literary gem (with pictures) really doesn't have too much

to offer about cookery, but it at least tells you how to get all those damned cans open.

Now, we also have two-burner cookbooks, diet cookbooks (to grow thin), diet cookbooks (to grow fat?), bachelor's cookbooks, the busy-girl's cookbook (we've always wondered about her), bride's cookbooks (they used to have to cook, too). Judge's cookbooks, ballplayer's cookbooks, and so on. A social-status magazine offers: HOW TO COOK WITH A MILLION DOLLARS. Lovely little snacks, but who can afford them and the magazine too!

And we haven't even mentioned the regional and national cookbooks. Oi veh! Is this a thing in itself. There are Italian cookbooks, but there are also REAL Italian Cookbooks, Southern Italian Cookbooks, Northern Italian Cookbooks, Calabrese Italian Cookbooks, Journeys with Indigestion from the Alps to Sicily, Tomato or NOT tomato, and so forth.

The same sort of thing goes on in our own country, and here they've dreamed up some red-hot rivalries as well. For example, a distinguished writer will extoll 'real burgoo from Kaintucky' (with squirrels); a one-gallus Senator promptly mails 14 tons of government-printed prose in rebuttal, which all boils down to his own recipe, (no squirrels!). Then someone else opines that REAL Burgoo comes from Tennessee anyway, and has rabbit in it! A foods-writer on the Mole Hole (Idaho) Argus says genuine burgoo has prairie dogs in it. At this point, the Las Vegas P.R. men get into it by having one of the Clan state over NBC that, "... out here we call it Mulligan . . ."; then Elliot Ness slyly ripostes, "... that's more of that effete Italian stuff. In Reno we call it Son of a Bitch Stew." And so it goes, with a lot more cookbooks on the dealer's shelves and in the drugstore's racks. Hardly room for the tires, sometimes!

Incidentally, in California where so many things are done differently, people just go to the super-market, get six assorted TV dinners, scrape 'em off the tinfoil platters (save these, Bessie, they make gorgeous lampshades) into a pot. Add a dash of Tabasco, a handful of chili powder, a soupcon of MSG; heat in a slow oven for two hours. This makes REAL TRUE GENUINE SUPER Burgoo, though in some parts of the Hollywood Hills (the Swish Alps) it is just called a Real Ragout. They're very French up there!

In any case, there seem to be new jazzy cookbooks for everyone, for every type, every temperament. A mad, mad, mad Editor has coyly suggested: "Oh hell, May, why don't you people have a cookbook? After all, you're supposed to be 'one-in-six', and that's a lot of cooking!"

Well, this is an idea! Why not? As a popular writer and columnist put it, "You used to guess whether 'one' was or wasn't. Now it's damned hard to tell who isn't."



To repeat, why not? Many sad souls come home from a rough day over the ribbon counter, or from working over a hot comptometer, or even from "down on Madison" (it's rough, down on Madison, competitionwise) and face the prospect of wading into that grim little kitchenette to whip up something cheap and filling. No 'little woman' to greet him at the door, with customary whine about something or other. No smell of a scorching stew, either.

Yes, in that magic hour 'tween day and dark, after effacing the ravages of the day's toil, and before the night's serious cruising, ya gotta take on some food. Man, woman, or child, a girl has got to eat!

So we'll offer here a sort of nonsensical cookbook for the androgynous (don't bother to look it up, Maude. It means "limp-wristed"), and while we can't guarantee the quality of the guests, these dishes may be set before, we do not hesitate to assure the reader that all preparations and recipe details are honest and practical.

Here then is the GAY COOKBOOK, which some queen will promptly call FAGGOT'S FARE.

## CHAPTER ONE

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### Canapes, Hors d'oeuvres ...and Aphrodisiacs

'Biscuit and Sherry'  
Chinese Almond Cookies  
Sherry  
Canapes  
Dunks  
Liptauer Cheese  
Caviar  
Hors D'oeuvres  
The Aphrodisiac Bit



# ONE

---

The genteel and/or 'refeened' reader will gather from the above chapter heading that we are going to start this thing off with a mad, gay swish! Acting on the premise that we are to join our reader in planning and preparing all these recommended goodies, let us say here and now that our slant is to the moderate-living person, not the gourmet type who simply ices up a magnum of Mumm's, ices a pound or so of fresh Belugia, and de-ices his (or her) old tired fascinator, in preparation for a guest or guests.

That bit is for those who've got it made one way or another, and who really don't need any warm-up or culinary enticement, or for those who have a rich uncle and are at the moment loaded. These last would be ill advised, however, to save their pennies in entertaining: uncles, cousins twice removed, even "old aunties," don't always last out the season!

So, for the host (of whatever sex) who is saving: (1) . . . for old age, (2) . . . to buy a Xmas present for Jim, (3) . . . for a new drag, etc., we'll try to keep things a bit economical.

There always comes a time when someone drops in to call. This carriage-trade is lovely if you can get enough of it! Be it late afternoon or early morning, or whenever, and you don't feel like putting up a



full meal for this number, a very proper service is: a *BISCUIT* and *SHERRY*.

Actually, this is truly proper and in good taste, either for a visiting vicar, or the Fuller Brush man.

As you must know, 'biscuit' is British for cookie or cracker, or even a small cake, though these are usually quite plain. A 'water biscuit' is something like an unsalted soda cracker or a thickish matzo. Now these obviously wouldn't be suitable for this 'B and S' routine; a little something a little more elaborate is called for. Much more suitable are the macaroons and that type of thing; too, there's plain shortbreads, as well as the Swedish and Danish type cookies. We here at Happy House find that the very nicest assortments are from the Italian stores, where *biscotti* are to be had fairly reasonably. We think that the domestic are often fresher, and less expensive. A sort of almond-anise number called *amoretti* sends us.

Or perhaps you want to make your own little cookies? What the hell, Ella, why not? It's real fun, not too messy if you keep it simple, and it won't cost too much more than store-bought ones. So try it. Some of the not-too-sweet ice-box cookies work out nicely; they come frozen and you just hack off a slice . . . well, just follow the directions on the can, dearie! Or, we find these *CHINESE ALMOND COOKIES* very easy to make, very smart to serve. They keep well if locked away and go very nicely with Sherry.

Cream together in a largish bowl: 1 heaped cup of confectioner's sugar (powdered — XXXX) and one half pound of softened butter or good quality oleo. Work in 3 cups of fine-ground almonds (these are sometimes hard to find; most large health food stores have them); add  $\frac{1}{2}$  tsp. mace. When the mixture is all blended together, (and with all that handling it'll be quite stiff), add up to a full tsp. of almond extract. Drop the mix by teaspoon onto a lightly buttered baking sheet. (No, dear, this is a flat metal pan. Not those old lavender rags off the day bed.) Space them well apart and flatten them with the back of the spoon. Bake at 325° until light golden brown, about 12-15 minutes. Take them off the sheet carefully, let cool on towel or rack until thoroughly cold. They will be very crisp at first; are much better after storing in a tight can or jar for a day or so. A big stone



cookie jar is a very handy thing to have around the house, but if you don't have one, you can always cram the cookies into Aunt Louise's reticule. She's had practically everything else stuffed into that gadget. Why, she tells of the time . . . Oh, sorry, that's another story.

Now, about the *SHERRY*. Well, it depends entirely on what tastes good to you, and what you can afford. (Don't it always, Tessie?) And don't let that price thing throw you. A lot of the cost of the expensive brands is for the export and import taxes, name and fame, packaging, etc. The price range is, however, somewhat amazing; there are some good American Sherries for as little as .65 a fifth, whereas some fancy imported brands may cost up to \$8.00 for the same amount. Actually, a small knowledge of Sherry is very helpful and can make for an interesting weekend's play in itself. There are many good books on the subject and these will inform you of the many classes, grades, and types of this very versatile wine. We suggest you go to a large and expensive or "exclusive" looking liquor store and there explain to the salesman that you want to learn a little about Sherry. Believe me, in a good store he'll help. Take home four or five bottles — all different — and casually sample them over the following few days. Maybe a *very dry* or a *pale* will appeal to you; possibly a *COCKTAIL SHERRY*, or a *MEDIUM*, a *SWEET* or a *NUTTY*, a *PALOMINO*, or a *CREAM* will be your favorite. Each has an individual taste — all are approximately the same strength. Say that you decide that you can afford a wine that's in the \$1.25 to \$1.50 class (a fifth), or slightly more. Very good Californian as well as New York State Sherries are available at this price or very little more. Many Sherry drinkers prefer domestic wines, and some say that the best of the sweeter wines comes from California, while the New York wines are superior in the dry types. This may well be. Like so many other fine things it's all a matter of personal taste.

Good liquor dealers will encourage you in your browsing 'midst the bottles; many will offer you all sorts of literature about your Sherry. You can easily become something of a connoisseur. You may be surprised, possibly, to find that many hosts have no alcohol drinkable other than Sherry or some other single wine. It's chic, and it's economical. Of course, you can always play it real cool; have several brands on hand. Save that imported Sherry (at \$7.80) for someone really elegant; serve the .98 cent stuff to that casual trade. The result can be about the same in either case. Practically all Sherry is about 22% alcohol by volume. A little over one fifth of that bottle is pure alcohol; the wine is 44 proof. You can very, very easily get looped on Sherry (regardless of price), and so can your guest. So careful, dearie! And as a last word, a next-morning-head after Sherry-in-excess is a devas-



tating dilly. We know!

Perhaps you feel you want to be elegant, and have some canapes n' stuff. Frankly, we suggest — unless you're very handy in the kitchen — that you order, and it's certainly much less trouble. However, if you must do it yourself, here's a few ideas.

## CANAPES

The simplest of canapes are very often the best; no matter how elaborate, your guests will wolf 'em down about as fast as you put them out. So why not take it easy?

The easiest canapes are the sort where you smear some kind of a cheese mix on some kind of packaged cracker, and possibly add a dab of garnish. We know a mad character in San Francisco (where there is a large percentage of mad characters) who puts pineapple-cheese (out of those little glass jars) or round crackers, and tops this with a candied violet, no less. Gawd, Mabel, how gay can you get?

As there are all sizes and shapes of these crackers, and quite a few kinds of cheese mixes, you just take it from there. On top of each you can fling a wide selection of little savory things such as: a piece of anchovy, or even a nice piece of herring, a half of a stuffed olive or a slice (off one side) of ripe black olive, a piece of tomato, a shrimp, some capers, a piece of pickle, or a small piece of pickled cauliflower or mustard pickle. Try decorating with a dab of chutney, a little tart jelly or marmalade, a cocktail onion, a pinch of chopped crisp-cooked bacon, and so on. Tiny pinches of parsley in little sprigs or finely minced, a wee dusting with paprika, or mustard, or curry powder can make 'em real pretty; real tasty, too.

A smart operator will figure 6-8 for each guest. Multiply by the number of people expected (and add in for the 'surprise packages' — the invited guests will always drag in). Figure too, 8 kinds of crackers, 8 kinds of cheese, 8 kinds of garnish, and go to work making 8 different kinds of canapes. Such an assortment, served on a napkin or lacy paper doily, on plates or platters will make a presentable and attractive service. This will show at least one of your talents.

However, a couple of words



of warning: do not make these or any other kind of canapes more than 2 or 3 hours ahead. They get soggy and limp; as you all know too damn well, a limp delicacy is neither pretty nor tasty. Cover the tray or platters of canapes while you have 'em in the icebox, with a piece of waxed paper, or better, with pliofilm; they'll stay crisp a little longer. But — watch it! Too long in your refrigerator and they're dead for all practical purposes.

Instead of crackers you can use toasts, either homemade or bought. You can pile these with almost anything (these days) and somebody'll eat it! Pages could be — and have been — written about this canape bit; there are books — some nicely illustrated — in the Public Library. (Yes Mame, they have books there, too.) These will be found under classification 641 (all the foods) in the stacks.

## DUNKS

Even less fuss and maybe less expensive than these cheese-cracker canapes, are the DUNKS. These are mixtures of cream cheese, sour cream, butter, dehydrated onions, garlic, seasonings, and/or herbs, etc., all whipped up in a bowl and chilled. These are served with potato chips. Be sure to have some of the Barbecued Chips or crackers, corn chips, toasted tortillas, Scandinavian hardbreads, and Rye-crisps. You should serve these dunks with a lot of little butter-spreaders or small knives, or even small spoons. The guests help themselves (do they ever!) and ignore the host. He, however, is then able to single out that muscular type and ask him to come into the kitchen and help loosen the ice-tray.

Cold beer is quite suitable to serve with these dunks; though you might try to get hold of some Canadian Pale India Ale.

## LIPTAUER CHEESE

An old-fashioned thing that gave Grandad his jollies is called a Liptauer Cheese, and is a very nice thing to have in the 'fridge at any time. It'll keep for a week or so. This is best served with thin slices of black bread or pumpernickel. It's very tasty with chilled dry Sherry. To make it:

Work 2 small packages (3 oz. ea.) of cream cheese smooth in a bowl. Blend in gradually  $\frac{1}{4}$  c. of butter (half of a cube). Add 1 tsp. drained and chopped capers; 1 tsp. paprika; 2 or 3 minced anchovies. Also 1 thin slice of onion, minced very fine, (or 2 small green onions);  $\frac{1}{2}$  tsp. caraway seed (rolled and crushed);  $\frac{1}{2}$  tsp. salt; 2 dashes Tabasco. Some old recipes as: Louis Sherry's, in 1886, add  $\frac{1}{2}$  oz. of brandy; another says  $\frac{1}{2}$  oz. of Aquavit (a Scandinavian bee-sting). We have used a little Slivovitz to good effect, or even  $\frac{1}{2}$  oz. of heavy sherry, (who's got Slivovitz, anyway?). You work



all this together; you lightly oil a small bowl, and put the gook into it. Cover with a waxed paper (or the whole thing may be rolled in heavy waxed paper, well chilled, and then cut into dollar-sized rounds for canapes). Chill the mixture for several hours, but do not freeze solid. To serve, unmold on a leaf of lettuce and serve with Rye-crisps, bread, etc. Obviously, any of these ingredients may well be omitted, or any others may be added to suit individual tastes. Having on hand several small bowls of the Liptauer, works out better than having it all in one larger bowl. Have fun...

## CAVIAR

Of course, if you are trying to impress someone, or are just the elegant type, there's always caviar. Here too, it will be wise to take some things to mind before going all out. Most important: Cheap caviar very often isn't caviar, and it certainly is neither appetizing nor impressive. A fair caviar may cost at least \$25.00 a pound; the same amount of quite good caviar would be anywhere from \$50 to \$75; really fine fresh caviar can easily be priced at twice or three times this figure. (Most of this exorbitant price is for special handling, air chilled express, taxes out of the Soviet, taxes into the U.S., etc.) Regardless of cost, you must figure 2 to 4 ounces per person. (You may skip several paragraphs to hors d'oeuvres, if this introduction to caviar service has floored you.

The caviar must be served in bowls set in ice, the ice to be either crushed or in a solid piece. The bowls should be of fine silver or at least very elegant heavy silver-plate. It would be unthinkable to serve caviar on cheap crockery. It may soften the blow to learn that most hosts — hostesses, too — simply rent the fine glass, silver, and china for this sort of a bash.

There are certain standard accompaniments to caviar: sieved white of hardcooked egg, separately sieved yolk of hardcooked egg, extremely fine-minced (then wrung out) white onion, small lemon (or lime) sections, Tabasco Sauce. All these are to be available to one side of the caviar. Less encountered but more often used when served, is a small dish of very strong Jewish-style beet-horseradish. Some people are mad for this stuff and slap it on wherever possible. Proper, home-made, family-style beet-horseradish is lusty, it'll burn the lint out of your navel! Of course this will cause guests to drink more of the wine, but, if we're splurging anyway, what the hell!

Iced, very dry champagne is the most approved beverage with the fish roe; very cold, very pale, and very dry Sherry can also be served, as is iced Aquavit, sometimes iced Vodka. Or all may be on hand. Woweee...!

Mixed drinks or cocktails are not good form with caviar.

As for the actual service, it is, of course, buffet style. The iced caviar is set up in the center of a fairly good-sized table or long side-board, on a cloth of good damask linen. A large low bowl or pan will contain the crushed or block ice with the actual bowls of caviar sitting in the ice. Next there are the condiments and garnishments as suggested above, as well as plates of thinly-sliced breads as with the Liptauer. There should be some small, plain UNSALTED crackers available. There will be a neat pile of small linen napkins, a small row of butter knives, and a pile — or piles — of small butter plates. The bucketed wines and/or other beverages, in ice, will be set at either end of the table with a supply of glasses. Use Champagne goblets for the sparkling wine, sherry glasses for the sherry, (naturally!). There should be no flowers or other ornaments on this table; only the true elegance of fine caviar and fine wine, with good silver, elegant china, fine crystal, all laid out sparkingly on the fine damask cloth are necessary.

Guests serve themselves, piling up the stuff onto a few crackers or breads, then on to a small plate. Taking this, with a nappie, and a glass of the bubbly stuff they retire to a corner where they'll either wolf it down to get back for more or they'll discover that they don't like caviar anyway and will surreptitiously inter it under a corner of the rug. Hosts should expect this. A week after a caviar bash, when you come home from a hard day over the tubs, and wonder what that tired fishy smell is, you'd better check all the corners and such out-of-the-way places.

## HORS D'OEUVRES

Canapes may sometimes be served as a first course of a meal as appetizers; however, a better idea is something a little more elaborate and just a little different, something like a small salad. This may eliminate the need to serve a salad. These items are usually called hors d'oeuvres; without doubt some wit in your party will refer to them as a mare's best feature. Oh, well, Maude — c'est la vie!

Simplest and easiest of these are the prettily packed *Antipasto* to be found in all Italian stores and in most large markets, delicatessens, etc. These are pickled vegetables, sometimes with added fish. They are served chilled on a lettuce leaf, using a small jar or can to each portion. As a novel idea, why not try the somewhat similar Japanese items, serving either hot or cold *Sake* (Japanese rice wine) with them. These would include *Sushi* (small rice-formed canape-like things with garnishes, often fish), *Sushimi* (sort of pickled or smoked fish, not unlike lox), or *tsukemono* or *sunomono*. These are pickled 'sweet and sour' vegetables. Of course, for these things you'd have to have them in from a Japanese caterer, or from a Japanese restaurant, who would,



probably rent you the very attractive Japanese dishes, stone wine bottles and cups that you would also want for this service. Say, sounds kinda gay! Give you a chance to wear that mad kimono!

There are literally thousands of possible hors d'oeuvres; stuffed and/or deviled eggs are two good ones. With a dab of caviar on top, these become the classic *Oefs a la Russe*, and very grand they are. Quite small tomatoes stuffed with shrimp or crab or chicken, or seafood mixtures are very possible; marinated herring in sour cream or spicy wine sauce is also delicious. A small piece of chilled gefulte fish, served neatly on a lettuce leaf with a little of that beet-horseradish, a slice of pickle, and a few pieces of the carrot and the 'jelly' in which the fish was cooked, makes a wonderful hors d'oeuvre. If your guests are native New Yorkers, they'll love this; some of the canned and bottled gefulte isn't so hot. If the guests are 'out-landers' or even (God forbid!) anti-Semitic, tell 'em it's Swedish-style *fiskeballen*. It's damned good eating and believe it or not, it's 'goy'!

Pickled beets, or marinated cucumbers (everyone can't eat these), or a sort of pickled-in-oil celery called *a la Victoire*, are all fine appetizers and hors d'oeuvres. Basically, these things are almost always served cold. They should never be sweet. Sweet fruits make better desserts.



Now about this APHRODISIACS bit. Of course, we really just threw that in there for a camp. But what the hell, Gertie, we'll try anything at least once at our age!

For the more sedentary, the truly innocent, an aphrodisiac is a sort of sexual pepper-upper, something to turn the motor over. Or, according to a dictionary: "exciting sexual desire, erotic, a stimulant."

Let us state right here that it's illegal to use, prescribe, manufacture, possess, to give or to take, an aphrodisiac. Besides, it can be dangerous, unhealthy, even lethal. Sound like fun?

Note is made of a popular formula of a famed physician and surgeon, Dr. Acton.

This suggests that Phosphorous may be administered as an aphrodisiac, in a variety of forms, especially in many of the widely advertised compositions of glycer-phosphates and hypophosphates. Also, it may be given in a more direct form, as dilute phosphoric acid, recommended dose: 5-10 mins., or in shape of a pill, (recommended

dose: 0.001 gram). Dr. Acton praises the following formula for treating impotence: Phosphorized oil, 1 ounce (phosphorized oil is prepared by adding 6 grns. of phosphorus to 1 oz. of almond oil). A teaspoonfull, gradually increased for a dose. No more than three daily.

Same authority also advises a pill, taken three times a day, each containing 1/33 of a grain of phosphorus. He continues: Melt 600 grains of suet in a stoppered bottle capable of holding twice that quantity. Add to this 6 grains of phosphorus; when dissolved agitate mixture until it is a solid. Divide into 3 grn. pills, cover each with gelatin. Each will contain 1/33 gr. of phosphorus.

As promised, there you have it; remember it's illegal, Gert. Anyone for tennis?





## CHAPTER TWO

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### *'Soups...that Juicy Stuff'*

(Two Gentlemen of Verona, Act. 2)

*Cold Soups*

*Gaspacho*

*Canned Soups*

*Tomato Soup a la Tarragona*



## TWO

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There are some pretty solid soups; these would include most of the cold soups, such as Vichysoisse, jellied consomme (a heavy, rich clear beef broth — jellied); or the chicken version of the same (a jellied chicken broth); or a jellied beef and tomato broth that is called, in haute cuisine, *Consomme Madrilene en Gelee*. Or this same stuff with considerable added pepper, is a *Consomme Poivrade*. Served hot or cold, it's real tasty. Jeez! Ain't we elegant; French names 'n everything!

Remember girls, pepper is a basic 'motor-turner-over'. That is, pepper does, to an extent, irritate. You either want to scratch, or do something about it!

And while we're on the subject, ordinary ground black pepper may very well be old, and all out of 'oomph'; it is not nearly so effective as coarse ground pepper, to be purchased in tight-topped glass jars.

Now, May, you know just what it is these torrid Latins have on the ball. Where were we now?

### GASPACHO

Among the solid soups, there is one charmer that seems to be



included in all high-type recipe collections (why should we be different?) but never seems to appear on a restaurant menu. This is *Gaspacho*, which has been vaguely blamed on, or accredited to, bull-fighters, Spanish fishermen, Basque shepherders, Andorran hillbillies, natives of Southern France from the Midi or Provence, as well as the same from Northern Italy in Lombardy and Savoy. The Greeks and the Montenegrins in the Balkans, it is alleged, are raised on the stuff, and thrive long and lustily!

I know, Maude. You're all impatient, with your "what the hell is it?"

Well, Gaspacho is a mess of chopped fresh raw vegetables, chilled to very cold, and served as a soup. Modern recipe adaptation invariably demands that we serve in chilled soup plates, with one or two ice cubes. Too, many printed versions demand the vegetables be pureed in a blender. To us this is ridiculous; we have heard some rumored tales about Basque shepherd's 'outlets'; they aren't electrical. Besides, foods out of a blender always tend to give the impression they have already been eaten once. A frozen Daiquiri from a blender can be really wonderful; but, we ask you, just think momentarily of the choicest edible morsel that you can think of. The last thing you'd ever put it in would be a blender. The hell with blenders!

But let's be fashionable, even chic. Live it up! Let's make some Gaspacho. One thing, it's handy. You can have it in the ice-box, all chilled, and just dish it up as needed. It serves as a soup or as a salad, or even a light main dish — particularly on a warm day. Also, there is considerable leeway possible with the actual ingredients. Let's try Gaspacho for two:

- |   |   |
|---|---|
| 2 small cucumbers, seeded,<br>chopped fine      | 1 large tbsp. grated young<br>peeled carrot |
| 3 medium ripe tomatoes, seeded,<br>chopped fine | 2 tbsps. grated fresh onion                 |
| ½ medium green pepper,<br>trimmed, minced       | ½ small heart of celery, chopped<br>fine    |
| 1 large clove fresh garlic,<br>peeled, minced   | 3-4 green onions, chopped fine              |
|   | ½ small can pimiento, chopped<br>medium     |

Mix all this together, then toss in:

- ¼ tsp. crumbled oregano leaves
- ½ tsp. dry mustard (optional)
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- 1 fresh lime — squeezed all over

Put this all into a large bowl; pour about 1 cup of water on it (not enough to cover vegetables). Weigh down with a heavy plate. Put to chill in icebox for 8 to 10 hours, but do not freeze. To serve use chilled bowls or soup-plates; added ice cubes are optional. A large dollop of sour cream on top seems to make the Gaspacho more delectable. Serve with crackers, toasted tortillas, or crisp — even hot — French rolls or bread.

Now, let's give a little attention to just plain old-fashioned soup.

As a snack by itself, or possibly with a sandwich or something light, a bowl of rich, flavorful hot soup has a definite place.

However, we also think that serving soup at a more formal meal, does offer a lot of problems. We try to keep it all very simple; a formal-type meal that would include soup, could run to 6 or more courses; this does not add up to intimate living. Our thought throughout this extravaganza is intimacy at any price!

Besides, who wants to sing on an overloaded stomach?

Let's just say that we'll keep a few cans of soup in the cupboard of our YMCA Shangri-La. Some guy wants soup . . . what the hell, give it to him. Many may feel that a character who is looking in your pantry for a can of Tomato will not be prowling through the dresser trying to find your tiara. In any case, the customer is still always right.



Many things can be done with plain canned soups to make them special. For example, a can of Tomato (condensed) can be diluted with a rich chicken broth or other stock, or even with water to which a bouillon cube or two has been added. Heated very hot, this is nicely served up in hot bowls. A pinch of chopped fresh tarragon can be dropped into each. This gives a completely different flavor to the standard ol' tomato; in a posh restaurant this would be called *Tomato, a la Tarragona*. Use your imaginations. And slyly add a little pepper.



## CHAPTER THREE

### *Salads and Dressings...including le French*

*Green Salad*

*Dressings*

*French Dressings*

*Cream French Dressings*

*Chefs '1-2-3' Dressing*

*Mayonnaise*

*Roquefort — or Blue Cheese — Dressing*

*1000 Island Dressing*

*Slaws*

*Cole Slaw*

*Swedish Slaw*

*Guacamole Dunk*

*Old Stuff*

*Shrimp, Crab, Lobster, Tuna,*

*Chicken Salad*

*Crab Louis*

*Crab Louis*

*Shrimp Louis*

*Shrimp Remoulade*

*Louis Dressing*

*Remoulade Dressing*

*Vegetable Combination Salads*

*Marinated Cucumbers*

*Pickled Beets*

*Favorite Salad*

*Fruit Salad*

*Honey Mayonnaise*



# THREE

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As this little gem is being compiled in California, often referred to as "the land of fruits and nuts" (yes, we know, Bessie, a camp. But pull y'self together . . . ), it is only fitting that definite consideration be given to that California culinary mainstay — the Salad. While almost every magazine and news sheet these days teems with space-filling recipes, many for alleged salads, we'll only mention some of the less nauseous here.

Frankly, some of the things offered for public or private dining as "salads" would make a hearty reindeer regurgitate. On the other hand, because of their low caloric content (when not smeared with heavy mayonnaise-type dressings) proper salads are a fine part of any meal or snack.

There is no reason why the salad shouldn't be pretty, but it should also always be as simple as possible. Also, it must be cold when served on cold plates, please!

While reasonably small salads go with most modern meals, a larger salad may well be the meal itself. Among the most adaptable



is the Green Salad; also called "tossed," "mixed," "Chef's" and so on. Even this simplest of goodies is pretty much up to you, and depends a great deal on what you want to spend on it. Nothing is cheap today, dearie, particularly if you want to eat it.

## GREEN SALAD

In our book, a Green Salad is best made of fresh, crisp greens, that have been pre-washed, shaken dry, and chilled. There are the various lettuces: romaine, chicory, cos, Bibb, iceberg, and endive may well be considered in there. A little thinly-sliced celery adds texture and flavor; a little fine-shredded green pepper, some very thinly-sliced fresh and small cucumbers go well if available. Watercress goes elegantly in the green salad, as do many of the fresh natural herbs, as well as sliced young scallions, and sprigs of parsley. While some type of lettuce will be the bulk of the green salad, very interesting variations may be achieved by also using the carefully washed and picked over fresh leaves of spinach, mustard greens, even turnip greens. No cabbage! This belongs in a slaw, which we'll discuss later.

As noted, the greens are best prepared in advance; keep them in the icebox crisper, or just wrapped loosely in a towel, or in a wire salad basket. (You knew that a basket would get honorable mention in here somewhere, didn't you?) When ready to serve, the green stuff is tossed together lightly in a large bowl. Add the dressing, and you have it.



## DRESSINGS

Now, the dressings! These are very important to the salad.

### FRENCH DRESSING

Basically, a true French Dressing is made of three parts oil, one part vinegar, with a little salt and pepper added. As simple as that! But to the inexperienced saladist, there may seem to be complica-

tions; our simple dressing can become not only extensive but expensive. Many gourmets like to use a good olive oil, or even 'part olive oil' and a fine wine (or wine-flavored) vinegar. Garlic powder (or dehydrated garlic) is usually added — sometimes a pinch of mustard. Americans seem to like their salad dressing with a touch of sweet, so a little sugar is stirred in. Obviously this sort of thing could



go on and on. A good *French Dressing* can be made with:

- 3 cups oil (good salad oil, not corn oil. Part may be olive oil)
- 1 cup vinegar (red or white wine; be sure it's strong)
- 1 tsp. salt, ½ tsp. white pepper, ½ tsp. garlic powder (or more)
- ½ tsp. sugar

As with all salad dressings, this is best made a day or so ahead. Refrigerate (but not too cold) what you'll use, a few hours ahead; the rest of the dressing will "keep" in the cupboard. (Of course not over the stove, silly!) This dressing will separate; shake together to use.

### CREAM FRENCH DRESSING

Many good (or adequate) bottled dressings are available at the market; a large part of these are so-called "cream" French dressings. Their particular feature is that these do not separate. This effect is achieved by using an egg base to form an emulsion with the oil. Many of these are very fine and very tasty dressings; also, they are better bought than made.

### CHEF'S 1-2-3 DRESSING (Our own mad creation!)

Mix in a large bowl:

- 1 tsp. ground cloves
- 2 tsp. salt
- 3 tsp. paprika
- 1 cup honey
- 2 cups 'garlic oil' (see below)
- 3 cups Red Wine Vinegar (strong)

Mix together and bottle it. This dressing will separate; it is much better after ripening for 2 or 3 days. Your guests will vainly try to



guess what's in it. Unusual, and very tasty. Marvy on greens, sliced tomatoes, vegetables.

### GARLIC OIL

A couple of days before you are to use it, if you don't already have it on hand, make the garlic oil. Chop up a *lot* of peeled fresh garlic; add it to a pint or so of salad oil. Pour off the clear oil to use (we'll assume that you have sensibly bottled the stuff, and haven't put it into the icebox). You can then pour in fresh oil to replace what you have taken off. Garlic oil is very handy to have on hand around the kitchen (where else?); a drop or two in the skillet does wonders for frying meats, and vegetables.

### MAYONNAISE

Mayonnaise, or dressing of that type, is much better bought than made, so why bother? Mayonnaise (strictly) is made with fresh eggs, seasonings, salad oil, vinegar. If the jar is labelled "Mayonnaise," State and Government Health Depts. are pretty particular about the contents; there must be so much egg, and no "filler" or "thickener." On the other hand, the slightly cheaper "salad dressing" does not necessarily have eggs in it, and may be thickened with starch or starch products. This does not imply that there is anything wrong with it; it is every bit as edible and wholesome as the labelled "mayonnaise." Some brands of these "mayonnaise-type" dressings are indistinguishable from the real stuff; some are even more tasty.

### ROQUEFORT (or BLUE CHEESE) DRESSING

A fine Roquefort Cheese dressing seems to be very appealing to the physical, hairy-chested type. Some of us sissies just adore it, too! This dressing should be made a few hours before using, as it does not keep too well, for too long a time.

Put 1 lb. of Roquefort or any other Blue Cheese through a wire sieve, into a bowl. How? Don't be dumb, Lucille. 'Ya just poke it through with your thumb, or with a soup spoon or something like that. Rinse it through the sieve with a pint of milk or cream. Scrape a cut onion with a spoon to get 2 or 3 tbsps. of onion juice. Then stir in one lb. of thick commercial sour cream; add a dash of Cayenne pepper, and mix it all together so there aren't any lumps. If you wish, put in a tsp. of very finely minced parsley or even green onion tops. The bit of color makes this look even more jazzy. For a slightly thinner dressing, use a little more milk.

This dressing should always be kept cold in the 'fridge (no, not frozen) and is wonderful on green salads. No, it's not expensive.

### 1000 ISLAND DRESSING

Also very popular, particularly on simple hearts of lettuce.

In a bowl, put:

2 cups mayonnaise (or 'type')

1 to 2 cups Chili Sauce (comes in a bottle)

4 tbsp. (small handful) drained India (sweet) Relish

1 tbsp. sugar (optional)

2 hardboiled eggs — chopped

2 tbsp. chopped Parsley (very fine)

Include fine herbs, coarse ground black pepper, horseradish, chopped olives, pimiento, or any other odds and ends that are just taking up room in the icebox. Mix this well, chill it well, use as needed. Keeps in icebox for quite a while. Can also be used as a sandwich spread.

Well, that about covers what the average "bachelor girl" (male or female) should have on hand for dressings.

### SLAWS

Back to our salads! There's always the old reliable Cole Slaw, though it certainly doesn't seem very glamorous. Properly made, a day or so ahead, this plebian delicatessen item can be a real zinger.

### COLE SLAW

To begin with, if you don't know, Cole Slaw is a salad of shredded cabbage; it is well known to have certain healthful and invigorating qualities. Slaw also lends itself to many variations, a few of which we'll cover here. Fresh green or white cabbage is trimmed of outer leaves, then cut in half. (You'll do all this on a good clear, clean wood surface, like a large chopping board.) Make a deep V cut and take the heart or core out of each half. Then, laid on its cut side, the cabbage is easily cut across in fine shreds with a sharp French knife, the standard cook's knife. The finer the shreds the better; when these begin to be coarse down at the base end, just discard the rest of that piece of cabbage. Added to the fine-shred cabbage, is a little finely-shredded celery, some shredded onion, chopped parsley or other herbs. Some shredded carrot may be used (though not for us), green pepper, green apple, green onion, etc. Mix this all together and pour over it a little vinegar and a little salad oil (you could use a little of



that garlic oil here), add a little salt, pepper, sugar, garlic powder. You could go way out, and toss in some drained pineapple, some raisins, some cocoanut. Now, add a little glop of mayonnaise (or 'type'), and stir it all together. Then — and this is important — the slaw is put into a bowl or other container of glass, china, or porcelain, but not into any bare metal. Put a plate or saucer on top of the slaw in the container, and weigh it down with a can of beans or something. This weight is to keep the slaw well down into its juices, which will pickle it. Of course it goes into the 'fridge (not the freezer) and is allowed to ripen for at least 24 hours; 36 hours is better. Before serving, it is an idea to thoroughly mix the slaw together. Slaw is served quite cold; it will keep as long as a couple of weeks in the icebox. Real dandy, and don't forget there are those alleged "invigorating properties"...

## SWEDISH SLAW

This is made the same way, generally, except there are no carrots, pineapple, raisins, etc. in it. Instead of using the mayonnaise, we fling into the mixed cabbage a large glop of sour cream. We also add a few caraway seeds and a little chopped fresh dill, except that we rarely have any of this last around the house, so we just crumble up a little dried dill and toss that in.

All things said, slaw is a very handy thing to have in the icebox; it's economical, too!

## CARROT SALAD

Another salad that seems to give men their jollies is the grated carrot thing. This takes very little imagination to prepare, and it keeps well. You grate or shred very fine some young, tender carrots. (This can be very rough on the manicure, so watch it!) Toss in some raisins, pineapple, chopped parsley, green onions, chopped olives, or whatever. A little salt and pepper are needed; celery salt goes well in this. Then, you stir in some mayonnaise (or 'type'), or some old tired bottom-of-the-bottle odds and ends of cream or French dressings. Almost any kind of salad dressing will mix well in this. Put the salad in the 'fridge for a couple hours before serving. It's pretty good eating — particularly suitable for Hallowe'en or Thanksgiving parties, or bashes, buffets or drag dinners. Main thing is that this is basically a simple salad, so try to keep it that way.

To digress a mad moment, this all reminds me of a couple of hilarious meals attended many, many years ago. Of course, in those days the 'genre' was considered more of a novelty — not one in every five or six, as it is now — and some of those old dears took themselves

very seriously. There was an intense rivalry between certain social leaders, which was sometimes really hilarious. The casual catch-as-catch-can faggoting of today was not known; seriously-formal dinners, soirees, grand drags, etc., were the order of the day. This bit all happened in San Francisco, probably in the mid-twenties. A really elegant person entertained local royalty to dinner, serving among other things, a very contrived salad. This was fashioned of upright banana sections set in bases of pineapple rings on cream cheese. There was a garniture of jumbo olives, etc. It was certainly a conversation piece, with much camping and tittering among the tiaraed guests.

Alas, this sort of thing is not being done anymore, and it's probably all for the best. Our post-war characters are more of the "Hello Joe, let's go" type. Maybe that's just as well, too!

## GUACAMOLE

Back to our salads! A guacamole salad is very popular in the West; it is easy to prepare, and moderately expensive. It can be made an hour or so ahead of time, and has varied uses. Guacamole is also loaded with calories. For one large serving, or three or four smaller salad-sized portions, we need:

- 1 large very ripe avocado — must be ripe all through*
- 2 medium size, firm but ripe tomatoes*
- 1 small fresh lime (or juice of half a fresh lemon)*
- Good pinch of salt*

### Optional:

- 2 tbsp. scraped fresh onion pulp and juice*
- 1 level tsp. chili powder*
- 1/8 tsp. ground oregano*



Basic Guacamole (the G is pronounced like hw) preparation:

Peel avocado and remove seed, etc. Put "meat" through wire sieve into bowl. Squeeze lime or lemon juice over it immediately or it'll

blacken. Peel tomatoes (dip them — on a fork — a half-minute into boiling water; they'll peel easily). Cut them into quarters. Gently squeeze out juice and as many seeds as possible. Chop the solid tomato parts medium-fine, drain off juice. Stir the tomato bits lightly into the avocado and add salt, we use celery salt. Lightly whip the



whole thing, but don't wear it out. If used (and we do) the onion pulp and juice is whipped in with the tomato. This makes a light, sorta fluffy paste which is then lightly packed into a bowl, or into cups for individual servings. Squeeze a bit more of the lemon or lime juice over these, cover with a piece of waxed paper, and put in the icebox for an hour or so. To serve, the molds are simply dumped out neatly on to lettuce leaves, and served at once, usually with a few corn chips.

That is an "original" Mexican recipe, before it's been crapped up by some Hollywood or Brooklyn chef. As noted, many things can handily be added to this basic recipe, but stop a god-durned minute! The ripe avocado has a wonderful, nutty, buttery, but delicate flavor. It's neither sharp nor pungent. The bland tomato compliments the avocado nicely, and the salt and lime give it tone and accent. Why not leave well enough alone?

Oh well, some cooks will always feel, "it ain't really Mexican" unless they load it with chili powder, oregano, chopped hot peppers, onion, garlic, bi-carbonate, or what have you. But the more that's added, the less you can taste of the avocado. We'll admit that we've enjoyed a large Guacamole served as a main luncheon dish with crumbled crisply fried and thoroughly drained bacon strewn over it as served. Good, good, good!

#### GUACAMOLE DUNK

As a simple dunk or dip, or just to accompany lots of iced beer, a guacamole is swell! This is served with big potato or corn chips. When you're gonna use it as a dip, proceed as above; then take the guacamole from icebox (after chilling a couple of hours) and quickly whip in about ½ cup of thick, commercial sour cream to each cup of the salad. Whip as quickly and as lightly as possible, pile into a chilled bowl, and serve with bowls of the chips. When this is served with lots of iced lager you can be assured that whatever else you may have had in mind, will have to wait until the dunk bowl is empty.

#### OLD STUFF

We'll practically ignore those old standbys: Potato Salad and Macaroni Salad; sure, men like 'em, but are they ever fattening! Also, while either may be made in many styles and can undoubtedly be delicious, they sorta lack glamor, and the hell with 'em.

#### SHRIMP SALAD CRAB SALAD LOBSTER SALAD TUNA SALAD CHICKEN SALAD

We will have to discuss some other old favorites which are to a certain extent, "meal salads." These include Crab, Shrimp, Lobster, Tuna, and Chicken salads. They surely have their place as desirable and delectable dishes; they are not difficult to prepare; they could be priced at moderately expensive to very expensive. Basic preparation for all is about the same: you will need about 1/3 as much finely chopped celery as you will have of the main ingredient, or 1 cup of celery to 3 cups of cooked shrimp, crab, lobster, tuna or chicken. Almost always a little drained sweet relish is added to any of these mixtures, with some salt (celery salt) and pepper. A very little finely shredded green pepper can be included; also some minced parsley, and finely-chopped small green onion. With the seafood salads, a small squeeze of lemon juice will nicely accent the flavor; use more of this with the tuna, which will be canned. To this basic 4 cup mixture, you stir in about one cup of mayonnaise or that "type" dressing.

With the Lobster, since this is as expensive as all hell anyway, you could toss in a drained small can of mushrooms (stems and pieces). With the Shrimp and Tuna you can happily include a little grated rind from the lemon. Chicken Salad may include a couple of chopped hard-cooked eggs; easy on lemon juice, but do use a very little. Some chopped pimiento will help pretty the chicken up and it tastes good, too; some celery seed — about ½ tsp. — adds distinction. We always add about a teaspoon of sugar to chicken salad.

To add another portion to any of these salads, there is a neat professional trick. (And some of these amateurs are getting very professional with their tricking!) This is to use a medium-sized, but very firm head of lettuce. After carefully removing the outside leaves (to be saved for plate garnish) the heart of lettuce, with the core removed, is very finely shredded and minced; this is thoroughly mixed in with the salad. A very little more of the mayonnaise may be needed, but this will add about one fourth in quantity of the salad. However, the salad with added lettuce should be used within a few hours; without it, these salads keep for two or three days, in refrigeration.

All of these salads may be served with any or all of the extra plate



garnishes desired, including: asparagus tips, pickle fans, olives, sliced hard-cooked eggs, sliced or julienne beets, tomato sections, and the like. They are all fine eating!

#### CRAB LOUIS SHRIMP LOUIS SHRIMPS REMOULADE

Among many other well known and popular salads of this order, are Crab or Shrimp Louis, and Shrimps Remoulade. We will only spare these a word here as their principle service is as a 'main dish.' Nicely — and expensively — served, these make extremely attractive meals. Nearly all are prepared in a like manner. Cooked crabmeat, or shrimp, or prawns are scattered over impressive beds of shredded lettuce or romaine. A Louis Sauce or a Remoulade Sauce is poured over, and then the whole platter is elaborately decorated with most of the items mentioned as garnishes in the paragraph just above. Peculiarly, the Louis items are popular and well received on the West Coast; the Remoulade around the Gulf. Though the salads are quite similar, neither area seems to have heard of the other's. There are probably hundreds of recipes for the Louis and Remoulade dressings. Here are two:

#### LOUIS DRESSING

1 cup mayonnaise (or 'type')  
1 cup whipped cream — stiff  
1 cup chili sauce (bottled)  
Dash of Tabasco Sauce

Many inferior restaurants use something that is more like 1000 Island dressing, on this plate; it still tastes pretty good.

REMOULADE DRESSING is made of a sort of egg-mayonnaise, with added sieved egg yolks (cooked), thinned with a Bahamian mustard and/or white wine. Minced celery is in it and several herbs, dried or fresh, also minced. Remoulade is very tart, peppery, mustardy, good with shrimp (cooked) or prawns (cooked). This dressing would be too sharp for Crab or Lobster, though the Louis goes very well with them.

#### VEGETABLE COMBINATION SALADS

We still think first of fresh and/or green vegetables when salad is mentioned, and firmly believe that simply prepared and simply dressed, these make the very best salad. Prime among these are asparagus and broccoli; both are plainly boiled, drained, chilled, and are served with

a lemon-mayonnaise. Too, the cut-up green summer squashes and green Italian zucchini, also plain boiled, (though not too well), drained, chilled, and served with a tart and zesty French dressing, with possibly some minced green onion for accent, are fine salads. Then, the usual peas, beans, cauliflower, etc., are fine salad material.

When cooking vegetables for salads, we must not overcook them. To keep the original colors we do NOT salt the water. Salt bleaches. DO add a small spoonful of sugar instead; this sets the color. Or use frozen vegetables to start with; say a package of Italian Green Beans, one of small Brussels Sprouts, one of cauliflowerettes, one of mixed vegetables. These are cooked separately, and only for about 3 minutes at the boil in sugared water. Cooking water is drained away, replaced with cold; the vegetables are put into the icebox to chill thoroughly, a half hour or more. Well drained, the bright, fresh-looking vegetables are mixed lightly with a light dressing, garnished with tomatoes, and are served forth. A true salad, with few calories, and extra healthful content. Satisfactorily filling, too.

#### MARINATED CUCUMBERS

Marinated fresh cucumbers are a fine, simple salad; are best made the day before; they are easy to serve, and are not expensive when cukes are in season. Get firm but ripe medium-sized cucumbers (no matter how attractive some of those great big ones are.) Wipe them with a damp cloth, cut off a half inch at each end. They may be peeled, or not peeled, or just partly peeled. Take a strong table fork and run it down the side from end to end, scoring the cucumber. Do this all around. Then slice in thin, even slices. Peel a few red or yellow onions, (red are sweetest) discard end slices, slice the rest in thin slices or half slices. Peel a few buds of fresh garlic; sliver these up. Put cukes, onion and garlic into a deep bowl, or better, in a wide-mouthed gallon glass jar. Fill about two-thirds of the jar with cold water, add about one-half cup (small handful) of salt, a large tbsp. of sugar. If you like, throw in some pickling spice. Fill jar with good strong cider vinegar; cover and put into the icebox until needed. To serve, dip out the cukes and onion slices, let drain, arrange on lettuce. Serve as is, or put a little light cream French dressing on them. The cukes will hold for 3 or 4 days in the 'fridge. Then, they lose much of their appetizing crispness. The last few can be drained, chopped, and tossed into any vegetable combination or green salad. The pickling liquid can be used again for fresh cucumbers and onions. Very fine man food.

#### PICKLED BEETS

Equally simple, and equally satisfying as a simple salad, are pickled



beets. Canned, sliced salad beets are best to use; these are drained, saving most of the liquid. Onions and garlic are prepared as for cucumbers. To about 2 cups of the juice, add one cup of cider vinegar. A couple of tablespoons of salt, and one of sugar (may be brown) are tossed into this juice. A little pickling spice may be added; at least a dozen or so whole cloves. The liquid is poured over the beets, and they are put away for a day or so. These too, are simply drained and served on crisp, cool lettuce, with possibly a minor sprinkle of green chopped parsley. Very pretty; very tasty.

#### FAVORITE SALAD

A great many men prefer — as a salad — just plain sliced tomatoes. Some like 'em with dressing, almost any kind; others want to sprinkle a little sugar and vinegar on them. The tomatoes must be firm, ripe, cold, and in nice thick slices.

#### FRUIT SALAD

As a fitting finale to this chapter, let us spare a few kind words for the Fruit Salad. (Oh! Behave, Gussie!)

At Happy House we use both fresh and canned fruits; first dumping the canned — with all the can juice — into a large bowl; then the cut-up apples, orange, banana, melon, or whatever. We add a good cup of heavy sherry (wine!) and put it all in the icebox to chill for an hour or so. With a slotted spoon (so we get no juice, see), we spoon it out onto lettuce cups, and pour a little honey mayonnaise over it. Then, if we feel really gay, we garnish with a few mint leaves, a large fresh strawberry, or even a cherry! It's swell!

#### HONEY MAYONNAISE

1 cup mayonnaise (or 'type')

2/3 cup honey

Good squeeze of lemon juice

Mad on a fruit salad. What do we do with the leftover juice and sherry? Why, we bake a ham in it, silly boy!

This seems to cover the salad bit; with these ideas you can take it from here. Try and remember, the simpler the salad, the better.



## CHAPTER FOUR

### Chili, Curries, Spaghetti Sauces...and other Blood Tingleers

Chili

Curry

plain rice

saffron rice

lamb curry

chicken curry

shrimp curry

garnishes

Spaghetti Sauces

Italian Meat Sauces

meat sauces

meatless sauces



## FOUR

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Having waded through fields of greenery, dressed and undressed, let's get back to some dishes that, like soup and salad, may be served as a single one-dish meal or as a snack (before retiring, we like to think). Fortunately, there are several items that fall into this classification that will even tend to rouse the beast because of their hot and spicy nature. (We've always admired a hot and spicy nature!) Among these treasured little 'heart-warmers and bottom-burners' we have chili, curry, and good Italian sauces for pasta.

### CHILI

Most practical of these is Chili, the pride of Texas, where they breed nothing but Longhorns on this type diet (it says). Yes, my dears, good, PROPERLY prepared chili will put sunshine in the smile, hair on the chest, and vitamins where necessary. MEN like Chili!

Happily, Chili is comparatively inexpensive and is truly very easy to make. But you just can't dash off a batch in a few minutes; the real item takes planning. We cook Chili for 6 to 10 hours. Frankly, when the delicious aromas of the cooking Texas Delight drift out from Happy House, Tomcats from far and wide congregate and yowl about



the premises. (This isn't a camp, dearie; the herbs, oregano, and cumino are something like catnip, and the dumb cats just gather 'round!)

This long cooking gives a complete blending of all the many flavors of the meats and seasonings, and makes for some real fine eating, eventually. Also, you'll need a large and heavy, or heavy-bottomed pot to cook the Chili in; best is a cast-iron Dutch oven, but whatever, it must be big and heavy. Otherwise there's a good chance of scorching. There is another advantage in cooking up a batch of Chili: properly made and properly stored (not frozen) the Chili will keep indefinitely, and will only need heating up to serve. So let's get on the ol' frilly apron and we'll cook us up a mess o' Chili. We need, for 6 or 7 pints:

- 3 lbs. beef (ask the butch for 'chili grind')
- ½ lb. bulk pork sausage.
- 1 cup chopped celery, medium fine
- 4 medium onions, chopped medium fine
- 1 (whole) fresh garlic, separated, peeled, chopped fine
- 2 No. 3 cans tomatoes — standard pack
- 2 rounded tbsp. salt
- 2 rounded tbsp. sugar
- 4 oz. OR 2 small cans paprika
- 4 to 6 oz. OR 2 or 3 small cans Chili powder. (Note: also sold in bags in some markets, often 'hot' or 'mild'. Take your choice or use half and half).
- 2 oz. (large handful) whole dried oregano leaves
- 4 oz. OR 2 small cans ground cuminos or cumin
- ½ tsp. ground cloves
- 10 - 15 small whole hot Chili peppers (chilis tepenos) OR 1 to 2 tsp. ground Cayenne pepper (hot stuff!)
- 1 oz. whole Sweet Basil leaves (dried)
- 2 Bay Leaves
- 2 tbsp. (optional) whole Coriander seed
- 1 tbsp. (optional) whole Mustard seed
- 3 tbsp. flour
- 3 cans Campbell's Bouillon or Consomme plus water to make 2 to 2½ quarts
- Paraffin (household wax)
- 6 to 8 clean glass jars

So, Ladies (and others), let's get with it. First, we put our big heavy-bottomed pot on the fire (medium) and toss in the pork sausage

meat, broken up. After a while (while we're chopping the onions, celery, and garlic like mad!), we fling in the rest of the meat; stir it all together, and raise the fire a bit. Our object now is to brown the meat in the pot (quiet, over there!). We now have the vegetables chopped; also ready are the tomatoes which we've dumped out of the cans into another pot and squished up with our hands. In a pretty large bowl or basin, we mix together the salt, sugar, paprika, and chili powder, the cloves, cuminos, and cayenne (if used). In the corner of an old towel or rag, we put the li'l hot chili peppers (if used instead of the Cayenne), the Bay leaf, coriander and mustard (if these are used). Folding into a bag, we pound it a while with the back of a knife or a heavy cleaver, making a coarse powder; this we add to the chili powder and other spices. Then, after mixing these together, we crumble in our hands the dried oregano and basil leaves, and stir them into the spices, too.

About here we find that our stirred together meat is browning nicely, so we add the onions, celery, garlic; stir this all together, then flip a cover on the pot. Cook over a medium heat for about five minutes, or until the vegetables soften up a bit. Now we stir in all those spices (Yes! They'll seem like a helluva lot) and mix everything together thoroughly. Again raise the heat a little. Let the stuff almost scorch dry, but not quite. After about 10 minutes of this nonsense, stir in the tomatoes and about one-third of the stock (or consomme and water). Let the stuff come almost to a boil, then reduce to medium low. Skim away any scum off the surface. Note the time; your chili should now simmer — with slow light bubbling — for from 6 to 10 hours, from this time.

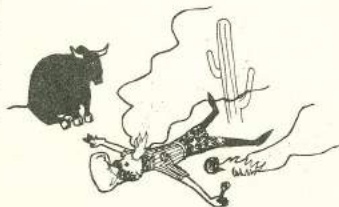
Have a suitable cover for the big pot; put a long-handled spoon in the pot; a wooden one is best. This will keep the cover from fitting tightly over the cooking chili, and will allow a little steam to escape. Also, it is said, the spoon in the pot will help prevent any scorching. And there it is. Give the chili a good stir every hour or so. Keep the rest of the stock just warm in another pot. (You may not have windows in your kitchen, Bessie, but you'd certainly better have lottsa pots!) Add some of this stock as the chili cooks down, but save about a pint for the Grand Finale. Do NOT attempt to cook beans — or anything else—in the unfinished chili; save all that for later as we shall here.

After about 3 - 4 hours of this, you'll find that quite a lot of grease has come to the surface of the chili; carefully skim this off and strain it through a strainer into a small container (like one of the empty tomato cans). There will be quite a lot of this, maybe even a pint. After the chili has simmered 5 - 6 hours, we 'thicken' or 'bind' it. In other words, we fix it so that the juices and meat will not separate, but all will be a smoothly coherent thick sauce. And here's how this



is done: In a small pot (another!) we heat up about a half cup of the strained grease that we took from the cooking chili; we add the flour and stir it together thoroughly. (No lumps there, Griselda!). As you stir, keeping it over a medium heat, it will thicken into a rather heavy paste. (This flour-fat bit is called a roux, and this is the standard thickening process for all sauces). Gradually work in that last pint of the hot stock, continue to stir and it will continue to thicken. Now drop your strainer (that wire thing, with the handle) directly on to the surface of the cooking chili; quickly it will fill with liquid from the stew. Ladle some of this out and add it to the thickening roux, using perhaps another pint or so. Stir up all this fat-flour-stock-juice in the small pot, then pour it through the strainer directly into the chili. Then, with the long-handled spoon, mix the thickened chili together thoroughly. Reduce heat under the chili to very low, as the flour now in it will burn easily. Stir the mixture well every 10 minutes or so, for another hour. The chili is now ready; if it is too thick, we can add a little more stock or even water or tomato juice or whatever, stirring it in thoroughly, and being sure that the added liquid is hot when added to the pot. A small sampling will tell you whether or not you may need a little more salt. Okay? Turn off the heat and let it sit there while you get the jars ready to put it in.

In another big pan or pot (whoops! here we go again) we bring three or four inches of water to a boil. In still another small pot or saucepan of water, we put one of the empty, washed-clean tomato cans. (That other one that still has some grease in it you can throw away). In this one we put about half a package (2 slabs) of our Paraffin, that has been broken up. Into the large pan of boiling water we put — 2 or 3 at a time — the clean glass jars. (Get all that old tired peanut butter out of 'em, May!), and let them boil a minute. This will NOT tenderize the jars, but will make them bacteria-free.



Fish a jar out; drain it but don't dry it; fill it at once with the hot chili. Fill all the jars quickly to about  $\frac{3}{4}$  of an inch from the top. Pour about  $\frac{1}{8}$  of an inch of the melted wax over the top of the hot chili in the jars. It is best to set all the jars on some sort of rack to cool; the rack can be taken from the oven for this. At least 3 hours later, when the chili is definitely cold, we do the waxmelting bit again (same can, same water, in same pot, more wax). This time we pour about a half inch right on top of the first layer of wax; let this cool a half hour or so to set it. Then the covers, if any, may be put on to the jars, though they are really not necessary. The chili may now be kept in any cool

part of the cupboard, though we keep ours in the bottom of the icebox. It will keep almost indefinitely; though once a jar is opened, it should all be used; do not try to re-seal it.

To serve, heat the chili slowly in a pot over medium heat; or better yet, over water in a double boiler. You have here delicious "straight chili." (This recipe is pretty straight, too!). With a little care and an eye for detail it can often be made into a perfectly delicious dish. The chili can be served simply with lots of crackers, or with beans. Canned red kidney beans seem most suitable. These are heated separately in their own can juices, then drained and added to the hot chili. Chili goes well with plain spaghetti or macaroni, or over some heated canned tamales, 'n stuff like that. When you have it on hand, it's no trick at all to set it before a guest; the trick being to get the guest!

This is a very detailed recipe, and one of our favorites. It is actually very easy to do, quite inexpensive for what you get out of it. At Happy House we are fond of our chili and know that it is the BEST thing to have in the pantry in the way of a quick snack. Also, it goes very well with cold beer. It is hearty MAN food.

## CURRY

Now, this curry bit is something else again, but Gawd, is it ever elegant! Okay, so you want to entertain a bit and you think that this time you can afford to go all out — be real jazzy! Needless to say, you want to do something different. (Who doesn't, from time to time?) So, there's this curry. This can be lots of work (no, Mildred, you can't buy 'em in a can), but most of the work of preparation can be done well in advance, so that actually all you have to do when time comes for Chow Down is to heat the stuff up, slip it into some elegant dishes, and load that extended buffet table.

And let us say here, curry is the ideal buffet or "help y'self" meal. Suppose you plan on service for 12. Let's consider just how elegant this can be. Hold your breath . . .

In the center of your long table you could have 3 to 5 (see further text) chafing dishes, though the same number of large bowls (about 2 qt.) sitting on one of those hot tray things, would do nicely. Surrounding these are at least 12 small bowls or dishes; we have in mind how grand those silver shells would look. These are a sort of standard scallop shape — in real silver or plate — and each is about 6 inches in diameter. Any set of small bowls or dishes, holding about a cupful each, would do. If service is all to be of porcelain or china, a set of Japanese bowls and dishes would be interesting. Large service plates and a supply of dinner forks will also grace the fine damask cloth, with napkins to match the linen, of course. At each side of this center grouping, you will have at least 2 large wine coolers or buckets. If



these are in ornate silver to match chafing dishes, shells, etc., the 'spread' will be really exciting.

If Champagne would be just "too much," a well-chilled dry white California wine would do well; we could suggest a Wente Reisling or an Almaden Traminer. And, of course, flanking the wine containers will be a supply of suitable glasses. In this case, best would be a medium champagne saucer, or a tulip champagne glass for any of these wines. Also, there should be a large silver, glass, or crystal salad bowl on the table somewhere.

Yes, my dears, real 'chi-chi,' and with the Curry, it should be a dazzling buffet spread. But someone is bound to ask, "Who in hell has all that silver and crystal and stuff?" Well, May, almost nobody. But you can rent it; in fact you can also rent the less expensive alternatives we've suggested, including linens and glasses. However, even this won't be cheap! But it'll sure look grand and gay.

Now after standing back and admiring all these mad service dishes, what the hell goes into all of 'em? We're gonna have two kinds of rice in two of the big bowls, or chafing dishes, and three kinds of curry in the other. That is if we decide to go whole hog and use all five.

"And what about that dozen little dinky bowls or shells?"

Patience, Ermintrude. Those will contain the absolutely mad assortment of little "things" without which curry is never properly served.

"Well, why two kinds of rice and three kinds of curry?"

Good grief, Bessie. "All right, already." If ya just want curry and rice, you just have two of the bowls, one for each. And will some of you hecklers close the port hole and let Mother get on with this thing.

Going along with our original mood of elegance (and the hell with you doubters) we decide that we'll have two kinds of rice: plain and saffron, and three kinds of curry: Chicken, Lamb and Shrimp. Without further ado, let's get at them.

### PLAIN RICE

There are innumerable methods of rice cookery; if you already use a satisfactory one that gives a fluffy, separated, cooked grain, do it that way. This is the simple method most used in the Orient. Use a 'long-grain' rice to start with, sometimes called Patna or Blue Rose. Do NOT use converted, inverted (or even perverted) rice, or any "processed" rice. A scant cup of raw rice will amply serve three. We'll use 1½ cups for 6, and so on. Using a pot with a heavy bottom and a tightly fitting lid, and large enough so that the rice will be able to cook in water and expand to 3 or 4 times in bulk, we dump the raw rice into the pot. Then (and this is the secret of the whole process), we

wash the rice thoroughly 12 times in cold water, draining off each rinse carefully. This washes away all the loose flour that would make the rice icky and gummy, leaving it clean-grained and fluffy when cooked. After draining off the last water, we add enough cold water to just cover the rice by a scant inch. In the Orient they measure the water over the top of the rice by the width of a thumb. A quick shake of salt may be added; the pot is covered — tightly — by laying a small plate over the top and weighing this down with a flatiron, or an old can of beans, or whatever. The covered pot is put on the stove over a moderately brisk flame for 4 to 5 minutes, by which time it should be at a boil. DON'T LOOK, simply reduce the flame, shaking the pot a little; but don't loosen the cover. Continue to cook for 15 to 20 minutes, gradually reduce the flame to low. Leave it at this for an added 5 minutes. Still uncovered, the cooked rice may be kept warm in a very low (150-175°) oven, or you can set the pot in a pan of warm water until ready to serve it. But DO NOT UNCOVER THE COOKED RICE UNTIL YOU ARE READY TO DISH IT UP. Result will be perfectly cooked rice. Of course what must be obvious to even the less brilliant is that the steam in the tightly covered pot is what cooks the rice and fluffs it. If you let out this steam, the result can be a soggy dish — and as you know, a soggy dish is never tasty.

### SAFFRON RICE

In the Orient, where *Rijstafel* is most often served in all its glory—(yes, Winnie Mae, that's what our Curry buffet dinner is called in international culinary circles)—it is customary to serve more than one kind of rice; most often a second will be pungent Saffron Rice. For this we use the same cooking method, with one minor addition. After we have washed our rice, or while we are doing this, we bring a cup or so of water to a boil. Into it we stir a rounded teaspoon of MSG (as most of you know by now, this is mono-sodium-glutamate), ½ teaspoon salt and one lightly rounded teaspoon of powdered or shredded saffron.

Let this boil up, reduce the fire to almost nothing and simmer 3 to 5 minutes 'til the water is a violent yellow. Pour this yellow water through a hair-strainer or through the corner of a cloth into a cup. When your rice is washed and drained for the last time, pour this yellow water on to it, quickly adding enough clear cold water to bring the level an inch over the rice. Cover tightly and proceed as with plain rice (see above). Saffron rice tastes altogether different and many people like it a lot.

When finally dishing out the cooked rice — and we don't serve it



until the last moment — as all Oriental cooks do, we dish it out of the pot and into the bowls, with a wooden spoon or fork. They say that metal makes cooked rice soggy. Why? Oh hell girl, I don't know why; it just does. Go get y'self a coupla sets of large wooden forks and spoons to put into the rice bowls.

So there's our two bowls of rice. (Easy, wasn't it?) Now for the curry . . .

First, let's answer that question . . . just what is curry? Actually, not all of us in the Western World are familiar with this often spicy preparation; we hardly realize that curry is a main component or seasoning of a great part of the foods of the East; this would include most of Southeast Asia, India, and so on.

Curry itself is a powder made of ground vegetable spices; a curry may contain from 6 to 16 — or more — different spices. Cloves, ground nutmeg, cinnamon are some of these; less known to us are *fenugreek*, *tumeric*, *cassia*, and others. Like our own chili powder which is also composed of several spices, curry will usually have a hot ingredient such as Cayenne pepper, or something similar. This may vary in proportion, to make a mild curry or a very hot one. Curry is most often worked into a sauce or gravy, and then into this are incorporated the vegetables, fish, fruits, or meats as desired.

Well, Maude, that's about enough of that pitch; let's get on with our cookin'. But first, we've gotta decide whether we are gonna make a lamb curry, or a chicken curry, or a shrimp curry—to name three most popular. What? All three! Well, okay, we'll make about 4 or 5 portions of each, which will not only nicely fill those other three big bowls, but each one will go well with either of our two kinds of rice. So what do we need? Let's first — like a good chef — do a little figuring. Whatever the meat will be, we'll need about a cupful of it for each generous portion; so, to make four portions of lamb (or chicken or shrimp) curry, we'll need about 4 cups of cooked lamb (or chicken, or shrimp) all ready-cooked.

You can use any left-over roast lamb. Or even easier, you buy about 2 or 3 lbs. of very lean lamb for stew; or buy an inexpensive leg of lamb. After cutting a couple of nice steaks out of the center of this (your butcher will do this for you, or you need another butcher!), you cut the rest of the lamb from the bones, trim away almost all the fat and then cut the meat into 1 inch cubes. Set it aside. Take the skin, bones and a very little of the carrot trimmings; boil these, then simmer for an hour or so. In another pan, just cover the lamb cubes with cold water; bring to a boil; throw this water away. Cover again with fresh cold water, bring to a near boil; reduce heat to simmer, and stew this lamb 'til tender. This will take just a little over an hour. Drain the liquid from the stock later when assembling the curry.

## THE CHICKEN

We get a 4-5 lb. stewing hen; put it into a pot of water—(it may be cut in half or quartered if your pot isn't too big)—bring it to a boil, then reduce to a simmer. Cook 'til the meat is tender. Then carefully remove all the meat from the bones, and in as large pieces as possible. Remove the skin and fat, and chop this very fine. Cut the chicken meat into large dice (like the lamb) and add it to the chopped skin; mix together lightly. Put the bones back in the chicken broth and simmer awhile longer; this makes the stock for the chicken curry.

## THE SHRIMP

We get about 3-4 lbs. of raw, uncooked shrimp (size '31-42' is best for this); rinse 'em in cold water thoroughly; put into a pot of cold water to just more than cover them, and bring slowly to a boil. When the shrimp are all pink, after boiling no more than 10 minutes, drain them, but save the liquid. Then you have to peel the shrimp, and put the shells back into the water they were cooked in. Let this simmer awhile, too; it is the stock for the shrimp curry.

With your Maybelline brush—or under running water, remove the vein from the back of the shrimp. Rinse again in a colander or sieve. Cut the larger shrimp in half. Hold these 'til needed in a container of cold water or in the 'fridge if they are to be kept for any length of time. To use the shrimp stock, bring it to a boil and strain it through a cloth. (It'll probably have sand in it, and we certainly don't want *that!*).

So now we have ready the three meats, and three stocks, with which to put together our three curries. Obviously most of this had better be done some time beforehand—like yesterday. Now we make the Sauce.

## THE SAUCE

For each cup of meat we'll need about 1 cup of fairly heavy curry sauce; or—as we have about 12 cups of these 'meats' in all, we'll need 11 or 12 cups of the sauce. Many recipes tell you to use canned mushroom soup (condensed) for the base of the sauce. We sort of jazz this around a little to make our rich curry sauce. To 5 cans of the condensed soup we add enough rich milk to make 10 cups (2½ qts.). Mix this together, heat slowly—do not allow to boil—and do not scorch, (it will, easily!); keep warm to one side.

After a suitable coffee-break (Maude, lay off that cookin' sherry), we get to the final steps in putting our curries together. (And it's about time!) We will end up here with about 12 or more cups of curry sauce, which we'll then divide into three parts—one for each curry. See?



We prepare 2 cups of sliced celery, sliced thinly crosswise

2 or 3 cups of fresh crisp apple in small dice

2 bunches green onions, chopped medium fine, as much green as white

Put these into a heavy bottomed pot with a little plain oil; cover, and let cook about 10 minutes, shaking the pot occasionally. Then add:  $\frac{1}{2}$  lb. ( $\frac{1}{2}$  a stick) of butter; as it melts, stir into the vegetables 6 to 8 rounded Tbs. of any good curry powder; 1 level tsp. of powdered saffron, 1 level tsp. of Cayenne pepper (or 2 tsp. of white pepper). Add 2 tsp. salt; 2 tsp. sugar. Shake this all together so that the vegetables become coated; pour the warmed mushroom-cream sauce into this. Mix together and let pot sit over very low heat to keep warm at least half an hour, stirring occasionally. This 'sauce' should be quite thick; we'll cut it down a little later with the stocks. It should be bright yellow. More pepper, salt, or curry powder may be stirred in to taste. Don't overdo the curry—it can become bitter if too much is used.

In a smaller pan, heat the cooked lamb pieces in just enough of the lamb stock to cover them. Stir in a very little crumbled oregano leaves (about  $\frac{1}{2}$  tsp.). Then stir in one third of the heavy curry sauce. Mix and taste; the bland lamb may need a bit more salt. There's your Lamb Curry. Set it aside to keep warm until serving. All the curries may be made well ahead and then carefully reheated at the serving time. All curries must be served very hot. As they have both milk and butter in them, they must be reheated carefully to prevent scorching; double boilers are recommended. If you have only one of these, try this: Heat one batch of curry in the double boiler, pour it out into a bowl,—then set the bowl into a 225 oven. It will keep thoroughly. Warm for an hour or so. This may be repeated with the next batch of curry, and so on. If a bowl of rice is covered with a folded wet cloth, it too will keep hot until needed, in the same oven. If there is some of the lamb stock left, save it; the curry may need further thinning or thickening.

In another pot (all right, Bessie, just wash that last one . . .) put the diced chicken with enough of the chicken stock to cover. Pour in one half of the remaining curry sauce, a very little grated orange rind may be added here for an accent. Many cooks add sliced bananas, pineapple tidbits, cocoanuts, n' stuff like that; makes a real jazzy Polynesian-type curry. Whatever, it's a very tasty and delectable Chicken Curry. Set this aside for use, or for reheating as we did with the Lamb.

We heat the shrimp in some of the shrimp stock, and (guess what?) we then dump it into the remaining third of the curry sauce. We can add a little diced canned pimiento and grate in a little lemon rind. We thin this to a proper consistency, if necessary, with some of the shrimp stock, and there we have our Shrimp Curry.

Well, ladies! We now have our three curries made, with 4 or 5 generous portions of each. We either keep them warm 'til serving, or, as noted, make them perhaps the day ahead, then reheat them carefully. To repeat, curries must be served piping hot, but heat carefully as they can scorch. It is not advisable to prepare the rice too far in advance; better to do this while the curries are reheating.

Just remember: to serve one person—generously—you'll need one cup of whatever meat, 1 cup of finished curry sauce, and one cup of cooked rice ( $\frac{1}{2}$  cup raw rice).

Now we get to the cutest part of this curry binge: the little side dishes of THINGS that are always served with curry. Often as many as 24 varieties accompany the curry; these are some:

*chopped (and squeezed out) onion*  
*chopped crisp-cooked bacon*  
*shredded fried eggs*  
*raisins*  
*currants*  
*peanuts (Spanish)*  
*Bombay Duck (ya buy it)*  
*Chutney (bottled—at least 2 kinds)*  
*shredded, browned cocoanut*  
*capers*  
*grated orange and lemon peel*  
*very tiny pearl onions*  
*tiny mustard pickles*  
*chopped anchovies*  
*small dried shrimps*  
*grated Romano cheese*  
*etc. . . .*

Also, with your elegant and complete Curry service, you'll need one or two bottles or cruets of good Soy Sauce (Kikkoman is best obtainable; many are very poor); and a large bowl of a tossed green salad, with a light French dressing. That would seem to take care of Curry, but will beautifully fill that gorgeous buffet table.

## SPAGHETTI SAUCES

Among professional—and even with talented amateur cooks—it is well known that every Italian not more than two generations removed from the old country is firmly convinced that he is a Master Chef, and that he alone can prepare the only true and original REAL Italian





sauce for Spaghetti and other pastas. Of course, he can probably concoct a sauce of sorts—even a good one—because that is more or less the way his Mother did it; here, one must realize that Italy is a very large country and that every province, every district, every city, town, and village, has its own interpretation of what is just right. To say the very least, this makes for many fine sauces using many different ingredients. Peculiarly, the one thing that our modern Italian cooks seem to have forgotten is that Mother cooked it slowly for many hours to blend the savors and flavors of whatever was in it. There is no modern sub-

stitute for long, slow cooking. However, in this busy world, we do the best we can . . .

Here we can make a very campy suggestion: why not just find a foot-loose Italian for your weekend houseguest and turn him loose in the kitchenette. It's an idea.

Of course, you might drag in one of those mad characters with ideas about proper Italian tomatoes, dried Italian mushrooms, fresh fennel, all of which would have to be run down and would cost like hell. This sort of thing obviously wouldn't make sense, as the person for whom we are writing this mad book has to have an eye on "what the damned thing costs, over-all-wise." And we may have just "shot our wad" on a complete Curry binge.

Anyway, we feel that we just want a reasonably inexpensive dish of spaghetti, so perhaps we'll forego the visiting Italian, and "do it ourself." Sort of a plain sewing bit as it were . . .

It may be said that there are two basic types of Italian Sauce: one with meat and one without. More truly, there are as many variations on the 'salsa' theme as there are Italian communities; in some districts they use a certain kind of tomato exclusively; in another part of Italy, they prefer another type of *pomodoro*, those big pear shaped ones we've heard so much about. In some parts of the "boot" it's strictly "no tomato"; it's a big country and there are untold variations. But our American idea of an Italian sauce is pretty standard, so let's take it from there.

Someone—(there's always one of these)—will wonder why we just don't buy a can of the stuff. Everything comes in cans these days! (Well, Violetta, not quite everything, fortunately!). But, it is an idea. There are many, many very fine canned products; but for some reason, canned sauces of almost every kind seem to be lacking in something;

some certain things can be made and served by using a canned sauce as a base (Chapter 9), but most of them are just "adequate"; many are just plain poor. But no killjoy us. If you can find what you want in a can—buy it! And sharpen up your opener!

To get back, we'll repeat that the real secret of all sauce cooking is long, slow simmering to blend the contained flavors to the best advantage. A heavy iron "Dutch Oven" type of pot is best for this. Plan to allow a minimum of 4 hours cooking time.

## ITALIAN MEAT SAUCE

Suppose (finally!) that we've decided to make some Italian Meat Sauce, and have wisely planned to make 3 qts, or even a gallon of the stuff so that we'll always have some ready to use, in the icebox. We'll need some fresh vegetables, canned tomato or tomato products, some meat, and some seasonings. Let's try it with:

- 1 cup chopped celery
- 3 cups chopped onions
- ½ cup (or more) chopped garlic
- ½ cup (opt.) grated carrot
- 1 cup chopped Leeks (opt.)
- 1½-2 cups chopped green pepper
- 1 box fresh Mushrooms (opt.) sliced
- 2-#3 cans—standard tomatoes
- 2-#3 cans tomato puree
- 1½-2 quarts stock or water
- ½ cup mixed Italian herbs (see text)
- 1 doz. chilis tepenos
- salt, pepper, oil, flour, MSG
- 1 can sliced mushrooms (opt.)
- 2 lbs. (good) ground meat (or more)
- 3 cans consomme

First, the fresh vegetables. These are all chopped moderately fine. The leek—of which you use all of the white part, very little of the green, none of the hard core—is optional; it doesn't add much, but it is a thickener of a sort. The carrot is also optional; it may tend to make the sauce 'sweetish'; we don't use it. The box—or basket—of fresh mushrooms will cost about .75 to \$1.00; a cupful of dried Italian mushrooms could cost about \$2.00. We like mushrooms in our sauce, so we use both fresh and canned. Now, the tomato. We prefer to use two No. 3 cans of the standard pack tomatoes (about 3 pts.), plus an equal amount of medium heavy puree, which makes about 3 quarts in all, of tomato. Many cooks prefer to use tomato paste diluted with water



or stock; as we also use about 1½ qts. of stock or water in addition to the tomatoes. We think our way is best. Then there are some mad characters who scream for fresh tomatoes. These have to be peeled and chopped; we say 'N'yah!

For this "stock" we were yakking about just above, you also have a choice. Starting, the day before, you can get a bunch of tired old beef bones from your butcher. Simmer these down with some vegetables and water to make clear broth. We do it the easy way; we use 3 cans of canned consomme or bouillon and add enough water to these to make our 3 pt. of "stock." This is added at once to the tomato.

While we're with this canned goods bit, let's have a word more about the mushrooms. If we don't use the fresh mushrooms (as too expensive) we do use a small to medium can of sliced or even stems and pieces. These, with all the can liquid, are added during the last hour of cooking.

Then, there's this seasoning. If you happen to have a herb and spice shelf, with all these goodies, by all means use 'em. If not, buy a couple of ounces of "Italian Herbs," which is a blend and is available in almost any market. We use about a ½ cup of the combined herbs, or: 2 bay leaves, crumbled; 2 tbs. sweet Basil; 2 tsp. oregano leaves; 2 tsp. Rosemary leaves; 2 good pinches Tarragon in the palm of your hand, and mix together.

Also, in the corner of a cloth, we put 6 whole cloves and 10-12 chilis tepenos. We tie this into a ball, pound it a couple of whacks with the back of a heavy cleaver or knife—to break up the spices—and add it to the pot, still tied up in the rag. After a couple of hours of cooking, we fish this thing out of the sauce and discard it. (The rag and spices, not the sauce, silly.) If, as we finish the sauce, it seems to lack in salt or pepper, these can be added. However, when we first put the goop on to cook, we do throw in a couple of teaspoons of salt, and the same of sugar. As we go into the last hour of cooking, a couple of tbs. of MSG can be added; these will accent the flavor.

We'll also need about ½ cup of fat or oil. For meat sauce we like bacon fat, (3 or 4 Tbs.); when the sauce has finished cooking, old country cooks stir in about the same amount of good olive oil; so do we.

We use the flour, with none of the grease skimmed off the top of the pot and strained, for the final thickening (see Chili recipe). This leaves us nothing to consider but the meat.

Of course, if we make the sauce without any meat, we'll still have a very fine spaghetti sauce; in Italy a similar sauce (with the vegetables cut a little larger) is a *Salsa Napolitana*. It is also called a *Marinara* sauce; the inference is pretty obvious that it goes with fish—and is meatless. Damned clever these Italians!

However, we are making a meat sauce tonight, and the next ques-

tion must be, "what kind of meat?" Almost any kind will do. Freshly ground beef or pork is usually used; many restaurants use up scraps of roast meats, such as ham, pork, beef, turkey, etc., as part of the sauce meat, the balance being fresh. With a large part of ham used, the sauce might be called a *Sauce Milanaise*; with heavier and richer roast meats, it becomes a *Sauce Bolognese*. Old, tired bologna butts, lunch meat ends, even Spam can all be included with some fresh meat in a meat sauce; pieces of roasted meat will give a good flavor and color. All these bits and pieces should be put through a fairly coarse grinder, or chopped.

We know a somewhat mad belle who is known for her (among other things) wonderful meat sauce; she uses about ¼ horsemeat! (What's that, Mary? Where does she get ¼ horse? Oh, you!) Actually perfectly edible and sanitary horsemeat is sold in some very large markets, and it's cheap, too. In fact, horsemeat is much used in France and Italy; many popular sausages, including the original Bologna, *mortadella*, and others are made of it.

As this seems to cover the ingredients, let's make it!

## MEAT SAUCE

We put some fat or oil in our heavy pot and fling in the fresh vegetables. Cook covered for a few minutes, then add the prepared vegetables. Cook covered for a few minutes, then add the meats. Stir it all together; cook at least until any fresh meat is browned. Then we add our tomatoes, salt, sugar, herbs, our bag of cloves and peppers, and bring it all slowly to a boil. Then we reduce the heat to a simmer, and cook for 3 to 4 hours, stirring occasionally. As we first reduce the heat, we will skim away any scum or fat from the surface. Then—possibly each hour—we will carefully skim the cooking sauce, and after skimming it, we will stir it thoroughly and carefully from the bottom. The grease that we skim away in the last skimming, we put through a sieve; we have maybe a ½ cup of it. Mixing this with a ½ cup of flour, in a small pan over medium heat, we make a dryish paste or mash. Into this we gradually work some of the liquid from the sauce. At this time—and this, mind you, is after we have simmered our sauce for at least three hours—we taste for seasoning. We add salt if necessary; the MSG, the canned mushroom, and continue to simmer for another hour, over very low heat. Finally we stir in about ½ cup of olive oil, and our meat sauce is ready to put up in jars. (See "Chili" for this process). Properly jarred, and kept cool in the icebox, the sauce will keep indefinitely.

Our Italian Meat Sauce not only tastes fine with all the pastas (as spaghetti, Macaroni, rigatoni, fettucine, et al . . .) but is very tasty on



veal cutlets, over plain rice, and in many other ways.

This certainly covers (Gawd knows!) in considerable detail for you who really 'don't cook', just what there is to do about Chili, Curry, and Meat Sauce, three items which should be in almost everyone's repertoire!

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## CHAPTER FIVE

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### *The Shell Game...Oysters, Lobsters, Shrimps...and what to do with Crabs*

Newburg  
Shrimp  
Scallops  
Deep-Fried  
Tartare Sauce  
Clams, Mussels, Abalone  
    'steam clams'  
    clams Bordelaise  
    Abalone saute Meuniere  
    saute Monterey-style  
Oysters  
    Oyster Stew  
    Fried oysters  
    Breeding  
Crabs  
    St. Denis  
    Deviled  
    Chioppino  
    Cocktails  
    Cocktail Sauce  
    '... that other kind'  
Shrimp  
    Bayou Shrimp  
Lobster  
    Broiled Lobster Tails  
        a la Mirabeau  
    Lobster Thermidor  
        clarified butter  
    Mornay Sauce  
    Lobster Diablo  
        gratinee



## FIVE

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In a brief look at shellfish, let's consider some of the more standard dishes. Of course, these could include Curries made of the various shellfish but we've already devoted a lot of time to Curry; somewhat along this line are the Newburgs.

### NEWBURG

Almost any bland shellfish (chicken, too) can be prepared *a la Newburg*. This indicates that the item is served, on toast, often with rice, in a Newburg Sauce. This is an old kitchen standard, and can be either very good—or terrible. In large hotels and other Continental-type kitchens it is often said, "The Newburg must taste like hazelnuts." Some tyro will always simper, "And what do hazelnuts taste like?" The inevitable smug answer is: "Like Newburg Sauce."

That takes care of that—or does it?) More realistically, Newburg sauce is the quite simple elaboration of a basic heavy, rich white cream sauce.

Let's put it this way: We want to make two portions of a SHRIMP NEWBURG, so we have ready 2 cups of moderately rich, medium-thick cream sauce. We have a large cup of cleaned and cooked shrimps



(medium-sized to small) for each portion. We have on hand almost a cupful of heavy-bodied cooking Sherry; we also need a tsp. of dry mustard; the same of paprika; a pinch of white pepper; and an 8th of a pound of butter.

Using our usual heavy-bottomed pot or pan, (we hate to always be harping on this "heavy" equipment, but thin vessels will invariably burn or scorch the items cooked, particularly where butter, milk, flour, etc. are used), we fling in the butter and let it just melt over medium heat. We add the shrimps tossing them in the butter for about 3 minutes; sprinkle in the mustard, paprika, pepper; let these cook—tossing all together—for about 5 more minutes. Here comes one of the sticky parts: We raise the flame considerably, and swish in the Sherry. If we are using a skillet or chicken-fryer, the wine will flame up and everything will be "tres mad." This flame will die down almost at once, this is called "flaming," or as the French put it so neatly *a la flambe*. After a couple of minutes of this nonsense, we dump in the cream sauce. Stirring this all together with a wooden spoon, we find that we now have the shrimp in a nice, smooth, medium-thick cream sauce, that is faintly pink and yellow. A little salt may be needed. Then we taste it. Yep! That's hazelnuts, b'gosh! It's also a very fine Shrimp Newburg; quick Mazie, make some toast!

If it is to be served within an hour or so, the Newburg should be kept hot in a double boiler, over hot water; it may, however, be packed away in glass (as our chili, curry, stews, other sauces) and when thoroughly cold can be put into the icebox to keep for quite awhile. Do not freeze; when reheating go the double boiler route, heating the Newburg gradually.

We may use lobster, crab, scallops, chicken, tuna, or turkey for a Newburg. This is a bland dish; as a course or dinner entree, a nice California dry white wine goes tastily with it. Try a Reisling, Traminer, Moselle, or Chablis.

## SCALLOPS

Among the smaller shellfish, many persons overlook the succulent scallop. With scallop fanciers, however, some enthusiasts like best the small bay scallops; others prefer the much larger and rougher deep-sea scallops. For delicate creamed dishes, such as Newburgs, *au gratins*, deviled, the classic *Coquilles St. Jaques*, etc., the smaller scallops are preferable. It is considered that the larger ones—often larger than a silver dollar and sometimes an inch thick—are most suitable for deep-frying. This is the most customary service.

## DEEP FRIED SCALLOPS

The procedure is almost the same as for frying shrimp and other fresh fish. If the scallops are an inch thick, it is advisable to split them, making two rounds, each half an inch thick. Also, this seems to add to the size of the portion served. Besides, scallops, like abalone, do not take to excessive cooking; they should actually be little more than well heated through, with the breading nicely browned. Flour, then milk and egg, then cracker crumbs, etc. is best, though some cooks use some cornmeal, or prepared breadings.

The hot fat for the frying should be almost smoking. Too cool grease will be absorbed by the breading, making the fried item 'greasy' rather than crisp. Too hot grease will burn the breading before the content is cooked through, so watch that grease. A professional trick is to brown quickly the scallops, (or other fried foods), then, take them from the fat, put them into a pan—such as a tin pie pan—and then into a medium hot oven for 5 to 10 minutes. This will insure their being cooked through and will not let the breading be too browned. (If there is anything we are against, it is things being too well browned in our kitchen). Ten to a dozen pieces of scallop are a generous portion; they are best served with crisp French Fries, cole slaw, and always some good, tart, Tartare Sauce.

## TARTARE SAUCE

Put into a bowl:

- 1-1½ cup mayonnaise (or mayonnaise type dressing)
- ½ cup minced onion (part of this may be green onion)
- ¼ cup drained India Relish
- ¼ cup minced sour pickle
- 2 tsp. finely minced parsley
- juice of 1 large lemon—or—2 limes
- 1 tsp. grated rind of above (opt.)

Stir this all together; chill for at least an hour before using. Will keep indefinitely; may be used as sandwich spread.

## CLAMS

## MUSSELS

## ABALONE

It only seems right, as long as we are dallying with these shellfish delights, that we give some very minor attention to Clams, Mussels, Abalone, and the like. The very best thing about Clams is the juice. Canned or bottled Clam Juice (or Broth) is available in the markets;



and the gossip goin' 'round among certain groups is to the effect that the stuff is a definite arouser. This, along with the pungent reputation of fresh oysters, may or may not be true. It is even quite possible that the belief in the rumor itself, does to an extent, give these items a certain aphrodisiac quality. After all, someone has said, glibly, "... it's all in the mind, dearie." This statement itself, while interesting, is not completely true either. (Sometimes a girl just don't know what to believe.)

Back to Clams... it is easily conceivable that a tasty bit of steamed clams may well jolly up a guest; it is even very possible that, after slurping his way through a dozen or so Cherrystones, the hairs of his chest will begin to curl and uncurl, and the Gentleman Caller (to borrow a phrase from Diamond Li'l and other madames) will become a frequent visitor. If it works, Bess, more power to you; let us know and we'll all rush down to the fish market.



Really the easiest of all Clam preparations is this plain ol' steamed clams. Being what we are, we'll also try a somewhat fancier version. First, you buy your clams, and this requires something of an eye. In most large fish markets you'll find trays or even barrels of these little bivalves, usually packed loosely in ice. Inspect each clam. They must be tightly closed; if there is a suspicion of a crack between the shells, don't take that one; the juice has already leaked out. Also, smell 'em; if there is the least 'spoiled' or 'off-color' odor better pass'em all by for that day. Settle for lamb chops or something else.

If you do buy clams and get 'em home, you first get out a big pot (not necessarily with a heavy bottom—so there!)—one that'll easily hold 4 dozen clams in their shells. Put a plate or a trivet (Oh, be still Bessie Mae! If you don't know what a trivet is, use a plate that fits in the bottom of the pot, upside down) in the pot. Scrub each clam with a stiff brush, under running cold water. Pile the clams into the pot on the plate or trivet; pour 2-3 cups of water or dry white wine, over them. The liquid doesn't have to cover the clams. With water they'll be plain 'steam clams'; with wine they become Clams *Bordelaise*. Cover the pot tightly and put it on the fire over moderately high heat for 5 minutes. Reduce the heat slightly and continue steaming (yeah! That's what's happening inside there) the clams for another 15-20 minutes. During this cooking do not open the pot. In the meantime, melt ½ lb. butter slowly in a small pot. This is best done over hot water. And in a 3rd pot, heat

to near boil about a pint of bottled or canned Clam Juice.

Put a fresh loaf of French Bread into a 400 oven for about 10 minutes, to be taken out as the clams are done. The bread is cut in thick chunks and is served under a folded napkin or towel, to keep it warm. The melted butter is poured off into a couple of cups or bowls, one for each serving. Carefully the liquor from the pot the clams are in is poured out into a container; the heated clam juice is added to it. This is in turn divided into two large cups or mugs. Each small cup or bowl of the melted butter is set in the center of a large service plate or platter, surrounded by the now-open clams in their shells. The mugs of hot broth are served alongside. Keep the warmed bread handy. A small 'oyster fork' comes in handy here, to dig the little things out of the shells. The actual eating is very informal.

Clams are also served breaded and fried; in fact, you can buy 'em already breaded, even pre-cooked. We personally think they're tougher this way. Steamed Clams, with their succulent meat and sexy broth, are a better deal.

## MUSSELS

These are very seldom eaten in this country (why in hell bring them up, then!); fresh mussels are sometimes gathered all along the West Coast, (also on the North Atlantic Coast, a passing tourist informs me), but they are "safe eating" only in certain areas and at certain seasons. Many are toxic or poisonous to many people, sometimes lethally so; and so mussels are sparingly used (and no wonder!). Good (and safe) canned mussels are available for use in such few dishes as require them. With all the simply lovely seafood that is available, and is oh, so tasty, let's just forget about mussels.

## ABALONE

Another minor mention must go to abalone; this is a rare California delicacy and is very expensive. Our personal opinion is that abalone has, even when deftly prepared, all the fine flavor nuances of wet blotting paper. If, however, you do have some abalone steaks, there are two good ways to cook the stuff. These steaks will be quite thin rounds of the meat, about the size of saucers; if bought "prepared," they will have been pounded to break up the tissue. First, please bear in mind that the more this slice of muscle is cooked the tougher it will be. Dredge the things in seasoned flour; heat a little oil and butter (half and half) in a skillet. When quite hot, slip in the abalone. Cook no more than a minute on each side; take out and put on a hot plate. Squeeze a little lemon into the pan; toss in a little minced parsley. Swish this around the pan for a moment, then pour it all over the



abalone and serve at once. This is Abalone *saute Meuniere*.

Or, break a couple of eggs, beat them up lightly; dip the floured abalone in them, covering the piece of fish thoroughly. Take it from the egg and quickly into a hot skillet with a very little hot oil; fry a minute on each side just to set the egg. This goes at once onto a hot plate for immediate service. Serve Tartare Sauce with this Abalone Monterey-style. (We still think it's like nothing . . .)

## OYSTERS

We'd much rather give honorable mention to oysters; if for no other reason than because they have the reputation of "turning on" the character who eats 'em. (This is an oblique way of saying that oysters are believed to make one sexy and potent.)

Like most shellfish, oysters can be served broiled, stewed, fried, baked, creamed, sauced, and even raw. Canned or "fresh-frozen" oysters are handy to have on hand; a stimulating (you hope!) oyster stew is real tasty on a cold night. Besides, it's easy and quick to make. And that, Pauline, is the way we like it!

## OYSTER STEW

Use a little less than a cupful of shelled oysters for a serving; as oysters vary greatly in size, this could be two or twelve. You'll also need about 2 Tbs. of butter, a little pepper; a cup of half and half (milk and cream silly!), and some crisp crackers. Melt the butter in a small pan over medium low heat. (The idea is to heat the oysters through without actually cooking them too much.) So we put the oysters into the melted butter and slosh them around for about 5 minutes or until the edges begin to curl. While this goes on, we bring the milk—or cream—to almost a boil (not quite!), in a second pot or pan. When the oysters begin to bubble, and the milk is very hot, we pour the milk over the oysters; we swish a little white pepper over them. Some rugged characters like to add Tabasco Sauce to the served stew. We pour the whole thing out into a heated bowl, and there you've got it made, you hope! An Oyster Stew, that is!

There's a lot to be said, psychologically, (if you go for that kind of jazz) for oyster stews; maybe it really is a "friend in need indeed," or perhaps the customer just thinks so. Oh, hell, Gertrude, give it a try.

There are, of course, hundreds of standard oyster dishes; real gourmets don't even need 'em cooked, they can get absolutely ecstatic about "shell oysters," glibly citing "beds," "seasons," . . . and so on. We'll deliberately pause here and make a really sensible suggestion: If one wants to stoke a guest with some of the more famed oyster dishes, take him to a good (and expensive) restaurant or hotel-restau-

rant, where professional chefs can and will turn out the Rockefellers, Casinos, Kirkpatricks, Loaves, and so on. However, if you are bound and determined to do it y'self, at home and in your own little kitchen, there are a lot of good standard cookbooks dealing with oysters.

If 'frying' is contemplated, (and this is not overly complicated) one may buy either raw oysters, (shelled and semi-frozen, usually in glass jars), or uncooked breaded oysters, or even semi-fried breaded oysters. These last you just have to heat up. Again, our opinion is that the more the things have been processed, the more tasteless they are and the more expensive too. Ideally, fresh oysters bought on the wharf that you would open and dig out of the shell, would be most flavorful; next would be the shelled oysters in glass (usually dated, too) packed in their own natural juices. The pre-cooked oysters, requiring only heating, are pretty tame. We suggest you get the glass-packed oysters; take 'em home and bread 'em yourself. (Don't keep these in the icebox for any length of time. Use them the day you buy 'em.)

## FRIED OYSTERS

Briefly, the oysters are dipped in flour, then in a "wash" or "dip," (make this with 1 beaten egg, ½ cup milk, ½ cup water, plus the juices from the oysters.) Then dip them again in seasoned cracker crumbs. Or one of the packaged "dips" (dry) may be used; these are just seasoned cracker crumbs with a little paprika and cornmeal added. Some Southern folk bread with cornmeal only, after the flour and wash, and then fry the oysters in bacon grease. These are often called Southern Fried Oysters. If you-all like the way they do it in the deep Souf'—this is undoubtedly fo' you . . . (all).

If the breaded oysters are to be deep-fried, the fat in your pot should be almost smoking. The oysters are put into the frying basket a few at a time and lowered away. As soon as they are light or golden brown, they should be taken from the grease. Put them into a pie-pan or other dish, and into a 400 oven for about 5 minutes. This will cook the oysters through without burning up the breading.

If they are to be pan-fried (or *sauteed*) use about 1 quart of butter to 2 parts oil in the pan (or use bacon grease), and not too much fat in any case; just enough to cover the bottom of the pan. Fry the breaded oysters quickly to an even light brown; turn them over and do the other side. Serve at once on a hot platter; oysters are served with lemon wedges; and some men love to douse on Catsup and Hot Pepper Sauce (Tabasco). French Fried potatoes go well with oysters; and plenty of cold beer is a fine drink with 'em.



## CRABS

Crabs are another item that an entertaining host (or hostess) must consider (now cut that out, Bessie!). Frankly, they are expensive and not exactly the "full meal" type of thing. Also, there are so many kinds of crab that the tyro can easily get lost. (Imagine being lost with crabs!) There's Dungeness, Alaska, King, Stone, Puget Sound, Soft-shell, and so on. Once again we rather advise you to adjourn to a good seafood restaurant for crab dishes. Of course, we think crab salads and cocktails are the "most"; some of the hot preparations are fine too, but are usually pretty complicated to put together. Well, we can try a few... For *CRAB ST. DENIS*, you bread some crab legs (very expensive—but they come frozen, and are pretty tasty. Incidentally, all crab that you will be able to buy, including whole ones in the shell, have been boiled or steamed; they are "cooked," so don't even think about raw crab. Season some flour and dunk the legs thoroughly; then fry (*sauté* is the word—at these prices) lightly in a mixture of  $\frac{3}{4}$  butter to 1 part oil. In a round shirring-dish—or even a soup-plate—you put some rather rich cream sauce that has had a little dry mustard worked into it. A round of well-buttered toast goes in the center of this; the fried legs are piled around like the petals of a daisy (down girl!). Sprinkle with a little melted butter, run them under a broiler—or put them into a 500° oven for a few minutes. Take out, garnish with a tomato crown and/or a radish rose in the center and serve at once. Use about 8-12 legs for a portion. Very pretty.

## DEVILED CRAB

Crabmeat is mixed with a very rich "deviled" sauce (a very rich cream sauce with added mustard, cayenne, pinch of curry); the mixture may include a few small slices of mushroom; it is put into cleaned crab shells or small ramekins. The top is liberally covered with a mixture of  $\frac{1}{2}$  crumbs— $\frac{1}{2}$  Parmesan cheese, and a little paprika. These go into a 450° oven 'til heated through and are lightly browned on top; must be served very hot.

San Francisco Bay fishermen make a specialty—which seems to appeal to tourists (bless 'em), that is quite similar to the world renowned Mediterranean *Bouillabais*. This is a fish chowder, rich in vegetables, several kinds of fish and shellfish, sometimes rice, and usually flavored with herbs and saffron.

The San Francisco variety—called *CHIOPPINO*—contains a great deal of fresh crab meat and claws. It is a very tasty dish; middle-aged diners from Kansas go all gay when the waiter ties a bib around them; and when they get the bill for this very expensive entree, the gaiety cools remarkably. It is not a thing that could be easily prepared at home.

Fresh Crabmeat Cocktails are a fine way to start almost any meal or snack, and most men like them. As crab, shrimp, lobster, and oysters are all served this way—let's pause to make some jazzy *COCKTAIL SAUCE* in a bowl:

1 Tbs. Worcestershire Sauce  
 $\frac{1}{2}$  tsp. Tabasco Sauce  
finely-grated rind (just the yellow) of a lemon  
strained juice of a lemon (same lemon!)  
1 Tbs. minced parsley or green onion tops (real fine)  
2 cups bottled Chili Sauce

Stir this all together and chill well before using; it's a real lip smacker. Will keep in the 'fridge a week or so. The crab won't, however. Nor will any other shellfish. They spoil easily.

To get back to our crabs (sic), we just can't pass up such a fine opportunity to camp it up a bit. It is rumored that in conversation with Lord Cornwallis at Yorktown, our own General Washington (and there was a mad one! Don't be misled by that constipated expression; historical apologists say he looked that way because his teeth hurt. Like the rest of us, with his dentures removed, ol' George was a gay old thing), is alleged to have said, "... they ain't no disgrace in getting 'em, Lord C., but it's shore a damn fool that keeps 'em, I always say... His Lordship's reply has not been noted!

## SHRIMP

There are, probably, a thousand ways to cook and serve shrimp; they are a very adaptable food, and are moderately expensive. The more you do with them, the fancier you get, the more the dish will cost. Peculiarly, while almost everyone with any pretensions of being a cook will know some shrimp recipe, not too many know much about the little critters.

First, we should realize that commercial shrimp may come to the market from many places. All the Florida waters, particularly off the West Coast of Florida, are loaded with these little shellfish; and there's very extensive shrimp fishing in the Gulf of Mexico. All the way down the coast of Texas and Mexico, this is big business. The Louisiana delta off the mouth of the Mississippi—seems to be a main source; in fact, much of the 'Louisiana Shrimp' come from there and from the bayous of that coast. It is claimed that some miles out in the Gulf, some truly



jumbo shrimp, the size of lobsters, are taken; it is also rumored that these are sold as "rock lobster tails." Back to our shrimp.

In the cold waters of the Gulf of California, that is between the mainland of Mexico and the Baja Peninsula, are found the very finest of shrimps and prawns. These are processed, principally, in the small Mexican towns of Guaymas and Topolobampo (s' help me!). Again, there is some shrimping off the Mexican Pacific coast, though this is not too commercially organized. And this is the situation—more or less—all the way up the California coast to San Francisco where we find, (I know, Maude. Who looks for shrimp in gay, gay San Francisco?) the famed Bay Shrimp.

These last are taken from grounds and beds all up and down the extensive reaches of the great bay; Bay Shrimp are tiny little things and are particularly fine for cocktails. They are not found outside the San Francisco Bay area, and are—probably—mostly consumed in that area too. Further North, from Seattle to Alaskan waters, there are some fine-flavored though small shrimp, called Alaskan shrimp. Shrimping is a major industry along here.

Now as to sizes: the tiny bay shrimp and the Alaskan, which are slightly larger are both bulk processed in such a manner that they are always on the market as "cleaned and peeled," never raw. This means that they have already been cooked (steamed) and are ready for service. (That's what we like, when they come ready for service). There are possibly as many as 350 shrimp to a pound of the Bay shrimp; somewhere between 150 to 200 in a pound of the Alaskan. But remember—these are ready to eat as you buy them. They are sold in markets as "fresh-frozen"; are sometimes canned. Often these are sold in lidded tins and are "semi-frozen."

Next—in size—in commercial shrimp packaging are the 43-65 size, which indicates the number of green raw shrimps (in their shells) in a pound. Also available are the 31-42, 26-30, 21-25, and 15-20. Largest, of course, are marked "under 15" which indicates there are that many of these giants in the pound you buy.

Now, let's clear up another slight mystery; nearly all of the larger shrimp are often called 'prawns'; don't be confused; prawns are merely large shrimp.

Most economical way to buy shrimp is in 5 lb. fresh-frozen packages; your dealer will get them for you if he doesn't stock 'em, and in the size you want.

These will be raw and unpeeled, though the heads will have been removed; they will have to be cooked and the shells and small 'vein' must be removed. This may be done before the cooking or after. As noted, the two smallest shrimps, the Bay and Alaskan are sold ready to eat.

Right here let us note that all shrimp—(in fact, all shellfish)—are very perishable; they spoil very easily. Once completely thawed they should be prepared and served as soon as possible. However, cooked, peeled and cleaned shrimp may be kept in cold water to cover for a day or so in the icebox. Some of the flavor is lost with this discarded water, of course.

But someone may say, "Five pounds is a lot to buy at once." Granted! We only suggest that this is the most economical and practical way to purchase shrimp. You will find that your shrimp are a frozen, solid block; we suggest that if you only want to use half of them now, that you let the thing stand on the drainboard (or whatever) for an hour. Then you'll be able to break off as much as you want, which you set aside. The balance you'll immediately rewrap in heavy foil and put back into your freezing compartment for another day or another meal. It is best to figure on about  $\frac{3}{4}$  to 1 lb. of frozen shrimps, regardless of size, for a portion or as a full dinner item; of course, after thawing, peeling, and cleaning this will weigh less, but to start with our figure is a safe measure. You should get six or seven (maybe even eight!) generous portions from a 5 lb. block of frozen shrimp, regardless of size, depending somewhat on how you are to prepare them. So, for two, whack off (break them away; do not cut) maybe  $\frac{1}{2}$  of your package, and refreeze the balance at once. Never thaw frozen foods in water; it may be quicker but it will also wash away what flavor is in them.

The largest shrimp or prawns, and this will include the under 15 (that's size, Gertrude, not age!), the 15-20, possibly some of the 21-25, can be broiled, "skewed and shished," barbecued, deep-fried, etc. The medium-size are better for Creoles, marinieres, Newburg, salads, etc., and the smallest are best for cocktails.

## BAYOU SHRIMP

For this you'll need that old heavy iron pot (or other heavy metal) or skillet, or what is called a chicken-fryer. An iron Dutch oven is peachy dandy; whatever it is, it must have a tight-fitting lid. Use about 2 lbs. (for 2) of frozen, "green" shrimp; these are uncooked, in the shell and have had heads removed. Best size for this operation is a 26-30, or even 31-42. You'll also need at least  $\frac{1}{4}$  lb. of butter ( $\frac{1}{2}$  lb. would be better), or one of the good oleos. You'll have on hand the juice of a large fresh lemon, and 2-3 Tbs. of Tabasco Sauce. Thaw the shrimp until they are separate; then rinse quickly under running cold water. Melt the butter in the heavy pan, over medium heat; do not let it brown. Dump in the shrimp (still in shells), add the Tabasco, cover at once, and continue cooking over the medium heat. Do not lift the



cover for at least 30 minutes, though you should shake up the pan a couple of times during the cooking. The shrimp are now cooked and ready to serve. (See, as simple as that!)

Pour the lemon juice into the pan, swish it around (lots of swishing going on around here tonight); then, drain all the juice (the butter, Tabasco, lemon) into a bowl. Put the cooked shrimps into another large bowl. Spread the table with newspapers, and set the bowl in the middle of the want ads. You'd better have a loaf or two of warmed French bread, and a tub of cold beer handy. Also, a couple of empty bowls. The diners — properly costumed in small towel — shuck the shrimps and dunk them into the hot butter sauce. You'll be surprised how fast the couple of pounds will go. Of course, you could have some real good cole slaw handy, but that's about all the frills. (The last time we did this at Happy House, we used 3 lbs. for 3 people; as the pile was almost immediately diminished, we just got up and cooked the other two lbs. While waiting, we just lolled about, slurping beer. (Some have etchings, some have new recordings or tapes; we have lots of beer!) Actually this is one of the very finest ways of fixing shrimp; it's simple and tasty; though the "shucking" can be hell on a girl's manicure!

## LOBSTER

Here we have a fine bit of eating from the sea. (We know, the very mention of seafood turns some of you on. Well, m'dears, settle your feathers.) There are several kinds of lobster; the big-clawed beauties from New England, the clawless or so-called "spiny" lobsters from the West Coast; and the somewhat similar Gulf Coast crustaceans. These last, coming from a warmer water, do not have the same fine flavor or crisp meat that is enjoyed in lobster from colder waters. Lobster is an extremely perishable food; therefore, while some are shipped by air from the East to the West, much care and selection must be used in their service. Even the Western lobster must be cooked as soon as possible after coming from the sea. To some extent, instant freezing has removed some of the danger here. Then, too, we now have frozen, raw lobster tails shipped in from Africa, Australia, Mexico (and possibly even from Cucamonga!) Except in decorative dishes where the lobster is served in its shell, much lobster served in restaurants is now the meat of these frozen tails. It has even been rumored that these foreign tails are not true lobster, but are actually giant crayfish or giant shrimp, or something out of a Walt Disney or what-have-you. Certainly no foreign meat from the sea can compare with the stuff that abounds on our Eastern and Western seaboard;

these substitutes serve their purpose, but they just ain't so tasty!

Again we note: almost all lobster dishes are expensive; nearly all will require a more or less complicated preparation. Perhaps least expensive and least troublesome, would be Broiled Lobster Tails. (I know, Cecelia, you love to make gay puns, but not now.)

We purchase raw, frozen lobster tails; the largest size will weigh about 10 oz. in the shell, and will nicely serve one; or we can plan to use two smaller tails for each portion. These smaller ones may be more tender, as the larger ones are often tough. We thaw them gradually by leaving them in a cool place for a couple of hours. If you thaw them out in water, it's quicker, but you'll lose a lot of the fine salty lobster flavor.

We note that the tail has a rather flat side, and a rounded side, obviously the top. We cut the flat side off where they join (we use heavy kitchen scissors to snip the shell) being sure to leave the tail flipper attached to the rounded shell we have left, and which cradles the meat like a basket. The lobster tail is now ready to cook and this will take about 25 minutes. If possible the broiled lobster should be served as soon as it comes from the broiler or oven. Much handy broiling is done in a 450-500° oven, giving it only a minute or so longer.

The exposed meat is lightly oiled, and the whole thing is put on the broiler rack (shell side up) about 6 inches under a medium flame. After 8 to 10 minutes (possibly a minute longer for very large ones) take it out of the broiler (or oven), and loosen the meat in the shell. Douse it with butter, dust it with paprika, and shove it back into the broiler with the meat side up to the fire. Do not cook for more than 10 minutes; longer cooking will dry the meat and make it tough. And there you have a broiled Lobster Tail — and very tasty it can be.

If — when put back into the oven or broiler for the second part of the cooking, you fancy it up a bit — you'll have something quite different. We cut the top off a medium-sized tomato, and jam the tomato into the open end of the shell. We crisscross the meat with half a dozen anchovy strips, squeeze a lemon lightly over the meat, douse it with butter, dust with paprika, and then finish the cooking. The anchovy-lemon makes for an entirely different flavor; the resultant Broiled Lobster *a la mirabeau* is real jazzy. Of course, we serve this — at once — with the tomato still in there, and with maybe a gay piece of parsley stuck in it.

With most lobster preparations serve a tart cole slaw (made a couple of days ahead) by adding a little lemon juice and some finely grated rind to a simple sour-cream slaw, and crisp shoestring potatoes are most often served. Lemon wedges and parsley pieces make an attractive and simple garnish. Hot garlic rolls or good, warm, crusty





French rolls or bread, are fine too. A plainly cooked green vegetable and a simple but filling dessert, such as Apple Pie with a generous wedge of Cheddar Cheese will nicely complete the meal. A dry white wine, such as a Traminer, a Niersteiner, a dry sauterne, a Reisling, or just good cold beer are very suitable drinks with all this.

Many lobster specialties are "made dishes" and these require

that the fresh lobster meat be first boiled 10 to 12 minutes. Or, canned, cooked lobster meat can be used. Cooked fresh lobsters are available at good fish markets, or frozen-tails (which are raw) may be cooked; some fresh-frozen cooked lobster meat may be in the freezer cases at the big markets. In any case lobster is very expensive, as you'll damn soon find out.

Many live lobsters are sent — by air — from the East to the West; these critters will be packed in seaweed, and each should be inspected to make sure it's alive. (No sense in taking home a dead one, we always say!) Also, each live lobster should be given a good smell; if there's any "off" odor, no matter how it may look, put it back, and don't take a chance. Some very peculiar food poisonings have resulted from bad lobster. Live lobster, as well as any raw or uncooked lobster, including tails, are dumped into rapidly boiling water and lots of it. To a 3 - 4 gallon pot of water (some cooks use sea water) add a small handful of sugar, NO SALT. The sugar sets the color and intensifies it; lobsters will very shortly turn a bright pinkish red. Boil the lobster no more than 10 to 12 minutes; take up and dunk into cold water. Now they can be cut up and prepared.

### LOBSTER THERMIDOR

Suppose (just for the hell of it) we'd like to make a Lobster Thermidor, or a Lobster *Diablo*. (These preparations are quite similar.) Some considerable kitchen "know-how" is required. Frankly, this is not the dish for the real amateur, but try it if you'd like.

For either of these we can use whole lobsters; a 3 - 3½ pounder will serve two; or a 2 to 2½ lb. lobster will generously serve one, using both halves for the portion. Preferable is the larger lobster, serving only half for a portion. About a cup and a half of rich, heavy cream sauce will be needed for two servings. Also, for two servings we'll need about a half box of fresh, small to medium-sized mushrooms.

Then, there'll be seasonings, some wine, maybe even some brandy, if you care to go all the way. (Who doesn't?)

First, we prepare the cooked lobster; the whole ones are split right down the middle, lengthwise. Claws and legs are cut off from each side. If there are large claws (Eastern Lobsters), they can be left on, but they should be cracked so that the meat can be taken out. Often these giant claws are left on for show, but the meat is removed from the bottom side, and used in the Thermidor. As these can offer several problems, we in the gay West just use our own flavorful spiny lobsters — no claws. You will note that the solid meat fills the tail; carefully remove this, without damage to the shell, and wash it, removing the black "vein." If it's a female lobster and there is a nice coral pink roe, take this out as well and set it aside with the other meat. Now, thoroughly clean out the empty shell under running water.

Meanwhile, back on the range, the thick, rich cream sauce is prepared. Put one third of it in one pot. Make 3 cups of this basic sauce for 2 servings, or for the two halves of a large 3½ lb. lobster. Now your sauce is in two pots; it is best if these — one with one cup, one with two cups, are handled from here on in double boilers or over hot water, rather than over direct heat. The larger portion of the sauce will make a wine sauce, and the smaller part we will make into a Mornay Sauce.

We have about a half cup of sliced fresh mushrooms that have been lightly fried in butter; we stir these into the wine-cream sauce with a scant tsp. of dry mustard, and then gradually stir in a scant half cup of heavy cooking sherry. We must be careful not to get this sauce too thin — or, rather, to have it heavy enough to start with. In the other pot of cream sauce (1 cup) we gradually stir in ½ to ¾ cup of clarified butter, being careful to do this gradually so that the sauce does not separate. (Don't holler, Maude — I know you don't know what that word is! Lead on!) CLARIFIED BUTTER is butter that has been set in a pan or a crock over hot water until it has melted and separated; with the clear oil on top and the 'whey' or sediment on the bottom. The oil is carefully ladled off — this is clarified butter.

Then we work into our sauce-and-butter, a half cup of grated Parmesan cheese or grated Gruyere cheese. This sauce should stand over very hot water (not boiling) until the cheese has melted into the cream; this is called a MORNAY SAUCE and is used for topping dishes that will then be lightly browned in the oven or under a broiler. The cheese and butter content will turn the surface a shiny, glossy brown, and will add much to the appearance of the dish. With our Mornay sauce sitting hot and ready, we next cut up the lobster meat. This will include that extra tail, the coral, and the claw meat, if we have it. As the tail pieces are split (when we cut the lobster) we cut



these into half-rounds about ½ inch thick. This meat may simply be mixed in with the wine-cream-mushroom sauce. A much fancier and more flavorful way of doing it is to put a very little oil and a very little butter into a skillet or fry-pan when this is hot, but not browned, toss in the lobster meat. Swish it around for a couple of minutes to heat the meat through. Then we turn up the flame, douse in a half-glass (a shot glass or about an ounce) of brandy. This will immediately flame up. We toss this all together for a minute until the flame dies down, then dump it all into the wine-cream-mushroom sauce. We let this cool for just a few minutes, and then stuff the empty half-shells with the mixture. We should have enough to not only fill the tail but the front part as well. Then we spoon the very thick Mornay Sauce over them, piling it evenly over the tops of each portion. We lay the filled shells on a large pie-pan or similar pan, and run it under the broiler or into a very hot (500°) oven for a few minutes until the surface has a nice glaze and begins to bubble. Take it out, and there you are: two handsome portions of Lobster Thermidor. These should be served at once with shoestring potatoes, possibly some tart slaw, and garnished with parsley and lemon sections.

#### LOBSTER DIABLO

Preparation of this dish is almost identical with that for Lobster Thermidor. Some Tabasco sauce is added to the wine-cream, and some sliced green onions are lightly fried with the mushrooms. Also, we add a pinch of white pepper and a pinch of curry powder to the Mornay. After this last is spread on top of the filled shells, we sprinkle a mixture of breadcrumbs and Parmesan cheese over the top, with an added dusting of paprika.

This topping on many dishes is called a *gratinee* for the simple reason that hard bread as well as hard cheeses are grated in the old country to make the crumbs. Many American dishes are called *au gratin*, and with us this usually means they are baked with cheese. Gratin dishes, however, in Continental cuisine, do not necessarily have cheese with the crumbs. (I'm telling you, Myrtle, the things you learn in this book!)

Anyway, after you've got the things out of the oven or broiler, you've got a couple of fine, tasty orders of Lobster *Diablo*; and considering all the damned work you went to to whip them together, we sincerely hope that the character that gets the other half is worth the trouble.

Needless to say, there are hundreds of standard lobster dishes. As you can plainly see, considerable cooking skill as well as time and equipment is essential, to say nothing of all the pots, pans and dishes

to be washed afterwards. Besides lobster dishes are costly as hell. We favor a heated up bowl of chili (Chapter 4).

Old (and well-seasoned) chefs will know that a simple dish is quite often more satisfactory than something that costs a lot, and is a lot of trouble to make. (What was that last again?)

Musical chairs, anyone?

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## CHAPTER SIX

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### *That Old Tired Fish*

*Sole Bonne Femme*  
*Sole Normande*  
*Sole Cardinale*  
*Sole Mornay*  
*Sole Marchand du Vin*  
*Sole Provencale*  
*Pan-Fried Trout*  
*Trout Meuniere*  
*Trout Amandine*  
*Stuffed Trout*  
*Poached Salmon*  
*Lomi-Lomi Salmon*  
*Codfish Cakes*  
*Bacalao con Pappas*  
*New England Creamed Codfish*  
*Cod Creole*  
*Gefilte Fish*  
*Swedish Style Fish Cakes*  
*Fried Fish*



## SIX

There's certainly something about a big fish dinner that's very distinguished; even passing up any potentially gay remarks about our eating fish! It's surely a changeover from eating a good piece of meat! Some characters have thrived on it; perhaps it's the novelty appeal that does it; it's for sure we all want to be different, from time to time!

Of course, lots of people just prefer to have fish on the table once or twice each week, and do so, whatever their reasons may be. Many, many years ago, housewives found that fish was less expensive than meat; sadly this is no longer the situation.

There are nearly as many basic preparations for fish as there are kinds of fish; they may be served boiled, baked, fried, broiled, poached, creamed, in a loaf, stuffed, barbecued, smoked, and so on. These basic methods can also be broken down into hundreds of styles and preparations. Some fish are very adaptable, such as cod, which may be cooked in almost any style. Others, such as sand-dabs, small perch, or even small trout are best simply pan-fried.

Quite a few very informative books have been written about the various fish around the country (not including Salinger, Faulkner, Caldwell, and others); space here does not permit of such lengthy disser-



tation. A very few admonitions in purchase of fish do seem to be in order, however.

It at all possible buy FRESH fish that has not been commercially frozen. (Packed in ice is not frozen). If in a coastal city go to the fishermen's wharves and get fish as soon out of the water as is possible. In mid-continent, try to use fish from lakes and rivers, also as fresh as possible. Hell! Go catch it y'self!

This is not to say that there is anything wrong with frozen fish; it is perfectly sanitary, edible, and often palatable. However, it has been proven to the satisfaction of food authorities that many fish and other seafood items lose flavor in commercial freezing processes. As a prime example, Tuna is one of the oiliest of fishes, yet unless actually purchased at dockside, is almost never available in markets. First, it can be sold to canneries, and usually is; more important, the oils that contain the esters of flavor will not freeze. If this fish is cut up and frozen (a very, very little is), the resulting product is merely the husks of the fish, with the juices — the oils — all gone. Albacore, bonita, pompano, and other such fish offer the same problems, though considerable swordfish is frozen and sold. In actual tests, this frozen swordfish tastes very little like a genuinely fresh-caught piece.

One other point — when in doubt make it Sole. No other fish (with the possible exception of cod, much of which is salted, smoked, dried and otherwise processed), has as many standard and fine preparations. A non-fat fish, it also freezes well; being bland in flavor it goes well with almost any sauce, garniture or preparation. There are many types of sole and flounder caught off the West Coast; all are somewhat similar, and almost any one of them can be commercially prepared for marketing where they will be sold under the single name, Sole. Here again, the truly fresh ones, from off the piers at Monterey and San Francisco, are different and wonderful.

(I know, Tessie, this may be dull-type material, but a girl is smart to find out what she can about what she's gonna eat — especially if she has to go out and find it, and then pay for it! Just be patient; sit there with your embroidery, and shut up!)

(No, Sue-Ellen, San Quentin quail are edible, but are not to be considered as table fish. In case you are interested, in the Bay waters around San Quentin point, they fish for striped bass. Maybe it's the neighborhood uniform!)

Most versatile of all the famed fishes for fancy dishes is the sole. The standard Continental hotel procedure here is to poach the filets lightly, then cover them with a flavorful and distinctive sauce to serve, with appropriate garnishments. As an example, we can do no better than offer the most famed of them all — *SOLE BONNE FEMME* (or good wife).

For our usual two servings, we'll need 4 medium sized filets of sole, fresh if possible, otherwise frozen and carefully thawed. Also, about a ½ lb. of fresh mushrooms, sliced; 1 medium onion, chopped; about 1½ cups dry white wine (Reisling, dry Sauterne, or similar); a good tablespoon of chopped parsley; the juice of a lemon; salt and pepper; and perhaps a tsp. of cooking oil. For the sauce we'll have on hand 1 cube (¼ lb.) of butter, 2 tbsp. flour, ½ cup heavy cream, and an egg yolk. We'll need a flat skillet or pan to go in the oven — no plastic handles—a couple of small pots, and two flat casseroles (such as shirring dishes) or heavy soup plates to serve the entree in. All set, ladies?

We very lightly grease, with oil or butter, the skillet or flat pan, and spread half of our vegetables (mushrooms, parsley, onions) around the bottom of it, adding a dash of salt and pepper. We fold each of the four filets over, one end on to the other, like a purse or Parker House rolls, and lay them on the vegetables. We put a small dot of butter on each of the filets and sprinkle the lemon juice over them. We cover these with the rest of the vegetables and carefully pour in the wine, which will not quite cover the fish. Then we lightly oil a round piece of heavy paper and fit it over the contents of the pan.

We cook this over medium heat on top of the stove until it begins to come to a boil; then put the whole thing into a 350° oven for about 12 minutes.

Meanwhile, just to keep out of mischief, we cut off about ½ inch of the remaining butter and put it to one side; we melt the rest in a small pot, being careful not to brown it. (Hmmp!) Then we work the flour into this with a pinch of salt, to make a stiff paste — this over a low heat.

By this time we have the fish out of the oven, and carefully take up the filets and put two in each warmed serving dish, which has also been lightly buttered. We set these aside to keep warm, in the opened and turned-off oven, being careful not to dry them out. We strain all the liquid off the vegetables (save 'em in the pan) into a small pot, which we put over a fast heat to reduce quickly to about half the quantity.

Meanwhile, we add our remaining half inch of butter, and possibly a drop of so of oil, to the vegetables in the pan, and saute them over a brisk flame to brown them a very little. We work the reduced liquor into the flour-butter paste (called a *roux*), working out all the lumps to a smooth sauce. We mix the cream and egg yolk well together, then quickly, over medium heat, work this into the sauce. (Most professional cooks do this way: the egg and cream are mixed in a small bowl or pot; a little of the hot sauce is whipped and mixed in. This in turn is whipped and mixed back into the pot of sauce that



is over heat, which is turned off. After mixing egg into the sauce — it's a thickener and enricher — the sauce should be cooked very little over heat as this will cause the egg to grain.) However we do it, we have a thick, rich, ivory-white sauce. This is poured over the two portions of sole in their serving dishes. The sauce should be thick enough that it doesn't all run off. The lightly fried vegetables are spooned around the bottoms of the servings. A piece of parsley may garnish. No paprika. (Paprika is a very standard garnish, and is very pretty, but it just doesn't belong on some dishes.) The two elegant portions of Filet of Sole *Bonne Femme* are ready to serve at once. Jazzy, huh? And it couldn't be done better at the Ritz.

Almost all of the thousand or more Sole dishes are prepared in somewhat this manner; the sole being first poached, then served with a distinctive sauce and garniture. For example, *SOLE NORMANDE* has a pinkish sauce made of cream, egg, sieved shrimp, sometimes tomato, and the dish is elaborately garnished with fried wedges of bread, shrimps, oysters, mussels, etc. *SOLE CARDINAL* has a lobster sauce made very pinkish red with the ground coral from fresh lobsters, and is also elaborately decorated with truffles, small fish quenelles (dumplings), and so on. We have already learned how to make a *SAUCE MORNAY* (remember that Lobster Thermidor, Chapter 5?), so we can quite authentically whip up a classic *SOLE MORNAY*, by first poaching the fish in wine or stock, then covering it with a rich cream-butter-cheese Mornay Sauce (Well, Minnie, if you'd been really reading this thing instead of merely picking out the campy bits, you'd know how!) and lightly glazing the dish in the oven or broiler. *SOLE MARCHAND DU VIN* has a brown-Madeira sauce with anchovies; *SOLE PROVENCALE* has a sauce and garnish of tomato, anchovy, garlic, and olives. A small, pocket-sized dictionary of standard culinary terms lists over 500 similar preparations. That's too much!

## TROUT

Let's investigate some of the things we can do with trout, long a favorite with fish-fanciers. (And we are not referring to those old trout who fall into the "super-Auntie" class!) Only a few things edible are finer than a speckled beauty fresh from a mountain stream, quickly cooked over an open fire. Ah, yes, it's glorious. But who in hell has a mountain stream handy? Also, nearly all the trout we'll get our hands on will be fresh frozen, and probably from Japan or Yugoslavia. Let us again state our opinion that all fish does not freeze advantageously; it may come to you hard as a rock, but it just won't have that fresh flavor. However, you can purchase trout fairly reasonably in most large markets; some prefer large ones, to 1 lb., while other cooks like

to serve 2 smaller fish for a portion. Thawing should be gradual (for all frozen fish); just let it stand unwrapped, in a cool place for a couple of hours. Soaking it in water is quicker, and will certainly wash out any flavor remaining after the freezing. Natural thawing — and it isn't necessary to get it completely limp before going to work on it — should be followed by careful wiping, inside and out, with a dry towel.

(We know, Celeste. No dry towels in your house. Sez you!)

## PAN-FRIED TROUT

Easiest cooking method is simple *PAN-FRIED TROUT*, and that's it; put it in a pan and fry it. Be careful here not to overcook the fish; not to use too high a heat that will harden the outside, while not cooking the inside of the fish. There is a complete range of preferences in the frying fat; butter alone would quickly burn and be bitter. Better to use  $\frac{1}{2}$  butter to  $\frac{1}{2}$  oil. Some cooks prefer lard for fish frying; we prefer bacon fat. The trout may be lightly floured or not; we do it. (Whenever we have a chance.)

We find—(a professional trick, and there's much to be said for a good professional trick)—it best to simply fry the fish quickly, getting both sides lightly browned, and then to shove fish, pan and all, into a 400° oven for 6 to 8 minutes. This seems to make for a better fried fish. (Lately we've seen some "fried" fish, old as well as young trout, that were complete messes!)

## TROUT MEUNIERE or SAUTE MEUNIERE

(We assume that by now you are wise to this *SAUTE* — it means fried). The fish is pan-fried, then put into another pan and set to one side — possibly in the oven — to keep warm. A little more butter is added to that left in the pan. If there's too much of the cooking fat in the pan, most of it should be drained off and then some fresh butter added. This is melted quickly; a lemon is squeezed in, a large pinch of minced parsley is tossed in and swished around. This sauce is then poured over the hot fish, to be served at once. By now, observant readers will note that this is a standard form for frying anything *A LA MEUNIERE*. *TROUT AMANDINE* is quite similar. This is an item often seen on menus of good restaurants, and it is very tasty. Pan-fry the trout, adding a large tablespoon of slivered almonds to the fat. Take the cooked trout from the skillet; set it aside on warm plate.





Add a little more butter to the pan, possibly a few more almonds, a small squeeze of lemon, then a drop (only) of almond extract. Swish this around the pan, then pour it — nuts and all! — over the fish, to serve at once.

### STUFFED TROUT

Call it baked, saute, broiled — or however you want to cook it, this is a fine and interesting dish of fish; with a little practice it is easy to prepare. Using medium-sized trout, (and this is the tricky part), you take a small, very sharp knife and remove the central bone structure from the fish. First you sit down from the cavity, about halfway to the tail; then you carefully inch the knife in along the flat plate of bones until you've cleared it from the meat, right to the center bone from the head to the tail. Continue carefully along both side of the bones right to the top edge of the fish. Then lift the whole bone plate out, leaving you with a boneless whole fish, with the exception of some small bones around the edges which you'll ignore. You fill this cavity with a fish stuffing; we use about a cupful of flaked, poached (or boiled or steamed) cod, plus a few finely chopped shrimp, about 3 tbsp. heavy cream, a pinch of white pepper, some of MSG, and a tiny pinch of oregano. This fills 2 medium trout. Chopped mushrooms can be added to this stuffing; any fish can be used instead of cod. To be really elegant use lump (white) crab meat and omit the oregano. The stuffed trout can be toothpicked together; we just wrap a couple of long thin strips of bacon around it, put it on a pie pan, and into a 400° oven for about 20 minutes, turning it over once during cooking. This looks wonderful on the service plate, tastes good, and really isn't too hard to do. Incidentally, the trout may be stuffed some hours ahead; then simply pop it into a pre-heated oven when needed. So it's not too far out to offer this to a "drop in" (or dragged in) guest, who shouldn't object to a bit of fish on the evening's program. We serve a sizzling baked potato with this, and garnish the plate with lemon wedges and watercress. Lovely — and different.

One of the very finest of hot-weather dishes, and very handy to have on hand in your box at that time of year is ...

### OLD POACHED SALMON

For this we lightly grease a skillet, or other flattish pan. If we are to prepare quite a few pieces, we use a larger pan, like a pudding pan. We spread in a cupful of mixed, chopped leek, chopped celery, and a bay leaf. Chopped green onion might be added, but regular onions

are too strong flavor for salmon. Two medium large salmon steaks, at least ¾ inch thick, are laid on the vegetables; a slice of lemon is put on each. No salt or pepper is used, as it is the fine delicate flavor of the fish that is desired. Next, the fish pieces are just covered with the poaching liquid; this may be water with a dash of vinegar in it, or it may be a dry white wine, or a mixture of the two. (Most professional cooks use dry California Sauterne, available in inexpensive gallons and half-gallons.) A lightly greased or oiled heavy paper is fitted over the top of the pan; the pan is put over medium heat and brought not quite to a boil. Then it is transferred to a 375° oven for 12 to 15 minutes.

If the poached salmon is to be served cold, it is left as it is. First it is thoroughly cooled, then put into the icebox for a few hours to chill. To serve, the pieces are taken carefully from the liquid, the skin is easily removed from around the sides, and the small center bone is carefully removed. Served on a large leaf of lettuce, it needs only a simple garnish of cress and lemon. A side dish of a rich mayonnaise is served; some prefer a good tartare sauce. A rather bland, and quite simple, potato salad is an appropriate accompaniment.

Or, the poached salmon may be served hot as it comes from the oven. It is taken from the hot liquor, the skin and bone removed, and it goes on to a hot service plate. A simple lemon-butter sauce may be poured over, or a Piquante sauce, or (our preference) a rich lemon-tangy Hollandaise. With the hot salmon, a plain boiled potato and a leafy green vegetable are in order, with a dry white wine, such as a Traminer or a Reisling to wet it down.

If the cooked salmon is kept in the icebox and covered with the liquor, it will keep as long as a week. After using, this liquor, (if the fish was served hot, the cooled liquor), should be strained through a cloth, and then it may be kept indefinitely in a cold part of the box, for the next fish poaching, or even to use in a fish sauce.

All of us have heard of South Seas feasts where raw fish was eaten with gusto. This somehow reminds us of the very funny tale about the two missionaries who found themselves in the pot, being cooked as the piece-de-resistance for a cannibal banquet. One prayed seriously, then the other started to giggle. The serious one was aghast, and demanded to know what could possibly be funny. Again giggling, the other looked down, coyly, into the steaming broth, and said, "I'll get even! Look what I've done in the gravy!" (Oh well, Minnie, we enjoyed it.)

Not only do they eat raw fish in many of the less enlightened areas of the Pacific, but it is a common staple of the Japanese diet. Let us quickly explain lest the idea make you slightly nauseous, it really isn't actually raw in any case, as the fish has been lightly pickled by marinating in vinegar or wine or other sauce for some time before serving. So that's another mad tale blasted ...



Mind you, all the raw fish eating isn't confined to the Pacific. (Well, when did you last eat 'Japanese?')

In Hawaii, *LOMI-LOMI SALMON* is a delightful and most popular dish; here on the Mainland, it would be most appropriate to serve in summer or warm weather, and is, in fact, quite easy to prepare. However, the salmon must be fresh, never frozen. It may have been packed in ice for its trip from water to market — and not too long a trip at that — but if it has been frozen at all, just forget the whole thing for *Lomi-Lomi*. Tricky fish dealers have a habit of receiving a frozen fish that may be days, weeks, or months old, and carefully thawing it out and selling it for "caught this morning." While the husk of the fish may have frozen to a perfectly edible holding state, the flavors, essence oils, and so on, did NOT freeze and were simply lost. Of course, best answer to all this is to go out and catch your own fish, then rush it to the stove or whatever. Anyway, assuming that we do manage to get some truly fresh salmon, and we are expecting a guest in the next day or so, let's surprise him (or them) with this Island delicacy.

The salmon is cut up into small strips, about the size of one's little finger, after it has been skinned and boned. (The fish, silly, not your pinky!) These pieces are put into a fairly large sized bowl (not metal); to them are added some coarsely-chopped celery, chopped green onion, diced green pepper (large dice). Diced apple and bits of fresh pineapple are sometimes added; a few gratings of fresh ginger root, salt and pepper (coarse-ground and quite a lot) and a little sugar all go into the bowl. Most often, this is a pretty casual dish; one uses whatever one has on hand. (Ain't it always so?) There should be about 1½ cups of vegetables to 1 cup of the fish, or somewhere in this proportion.

The whole mixture is lightly tossed together, several lemons are squeezed over it, or small limes may be used. These are quartered, squeezed in, and then just dropped into the mixture. In a separate bowl or jar, sharp, strong vinegar is mixed with soy sauce — about ½ cup soy to 1 cup vinegar. To this may be added some saki, dry white wine, or — what the hell — even a little beer. In Japan they use quite a bit of *MIRIN*, which is a fermented and concentrated rice wine, that somewhat resembles our sherry. Possibly the old-time Hawaiians tossed in a little of their potent *okolehau*, which was a fermented drink made from taro or *TI* roots, and is no longer obtainable in its original form. Actually, you can use some saki and a dash of vodka, which is as near as one can get to straight alcohol these days. Or: to one cup of vinegar (and it must be strong!), we add ½ cup soy sauce, 1 cup of saki, and about 2 oz. of vodka. This much liquid—a little over 2½ cups would just about do for a mixture of 2 cups fish with 3 cups (or more)

of vegetables. This would serve 2 or 3 people as a main dish; maybe 6 if served in small portions.

At any rate, the liquid is poured over the fish-vegetables, and it is all gently mixed together. The liquid should almost cover the mixture. Place a plate—or cover—over the bowl and put it in a cool place, not necessarily in the icebox. Leave it for at least 24 hours, but gently stir it up a few times so that the top mix gets down into the juice. Then, put it into the icebox for at least two hours to chill. To serve, the mixture is spooned out of the liquid—use a slotted spoon—and put into lettuce leaves. Or, the whole thing may be drained off, and with the leaves tucked into the sides, may be served in the same bowl. There are two more additions; a little salad or olive oil is sprinkled over the mixture, to make it glossily attractive, and to cut the tartness of the pickling liquor. Also *Lomi-Lomi* is always heavily garnished with chilled and quartered fresh tomatoes; some freshly chopped green onion may be sprinkled over these. A large section of fresh lemon may be added to the service. Sometimes, (and we have actually made and eaten this dish in various of the Islands where exact preparation may vary), during the last few hours of the pickling, or when it is in the icebox, the cut-up tomatoes are mixed into the mixture.

Well, *Lomi-Lomi Salmon* is delicious, very palatable, very good for you, and certainly—very unusual. As with so many other things that we made and ate in the Islands, it brings fond memories just to mention it!

## COD

Of prime interest along the cold Atlantic Coast, are the various uses of the lowly cod. It's a fine utility fish, and is possibly the biggest catch in any American waters. It is usually too large a fish to use whole, and it seems to be a little better baked than simply fried.

*STEAMED* or *BOILED*, with some interesting sauces and garnishes, it makes up into many very fine dishes.

A great part of the cod caught is processed, (i.e.) salted, smoked, or canned. Scandinavian *lutefesk* is a sort of cod, thoroughly dried to a rock-like state; Spanish, Italian or Filipino *bacalao* is a salt-dried cod; Scotland's *Finan Haddie* is supposedly haddock, but is quite often the useful codfish. Unknown, seemingly, to the West, but on every Friday's restaurant menu along the Atlantic, are two great favorites: fried Codfish Cakes, or Balls. (What was that, Tessie? Well, the same to you; you should be so lucky!) These are usually served with a rich Tomato Sauce. The other great favorite, particularly in New England, is creamed codfish. Each of these dishes is delicious, fairly easy to prepare, both are relatively inexpensive.



Either of these dishes could be made from fresh codfish, but for some reason they are usually prepared with what is called fresh salt cod. These are cod filets that have been salt-packed to a partial cure but are still moist, not dried as is other salt cod. In the East this comes in little wooden boxes called "kits" and is found in all markets; only few markets in the West ever heard of it. To use, the pieces of cod are soaked in cold water for several hours, then in fresh cold water they are brought to almost a boil. This last may be repeated once or twice, each time starting with fresh cold water. This is called "freshening." Actually, dried cod or *bacalao* may sometimes be similarly freshened and used, though it would have to stand in water overnight or 8-10 hours. Scandinavians "freshen" their *lutefisk* in a like manner, but also add lye to the first waters to break down the very toughened dried fish, and, possibly, to bleach it out.

### CODFISH CAKES

We'll need: to one cupful (packed) or flaked (or chopped or ground) fish,  $\frac{3}{4}$  cup of freshly mashed potato,  $\frac{1}{2}$  of a medium onion minced fine,  $\frac{1}{2}$  Tbs. pepper—either white or coarse-ground black,  $\frac{1}{2}$  tsp. of MSG is optional; we use it. Also, about one half of a small beaten egg, 4 Tbs. flour, and the frying fat. This will make about 4 cakes, or one serving.

The freshened cod is drained as dry as possible, with all the water squeezed out; then it is chopped fine, or it may be put through the grinder, using the coarse blade. The just-cooked potato is mashed, and while still slightly warm, the fish, egg, pepper, MSG are mixed in. The onion is fried lightly in a very little oil, and is stirred into the mixture. After wetting your hands under the cold water tap, you form the mixture into 4 equal balls; these are then patted out into cakes about  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. These are dipped at once into flour, with any excess brushed or shaken off. The cakes are laid on a sheet of waxed paper, on a plate or platter, and are covered with another sheet of the paper. The whole thing is put into the icebox for at least two hours. The cakes may even be made the day before using, and kept well chilled (not frozen) until needed.

Taken out of the icebox they are fried to a light crusty brown in a skillet with a little fat, or they may be laid carefully in a basket and deep-fried. We prefer the skillet as it seems to make a less greasy fishcake. We also prefer to use bacon grease to fry them in. As the cakes are somewhat fragile, some care must be used in turning them in the pan. The cooked fishcakes are served, usually, with a rich and spicy tomato sauce. If a sauce is not used, good catsup must accompany them to the table.

### CON PAPPAS

This is almost a national dish in the Philippine Islands. Freshened dried cod is cut into small pieces; boiled potatoes are similarly chopped, and the two are fried together in a pan. Not only is a great deal of pepper used with this mixture, but it is almost always accompanied by very hot pickled pepper, and a cold bottle of the good San Miguel beer. Oh, it's good in Manila, but then, some things are good eating any place you can get 'em.

One more "quickie"—(quiet over there)—with codfish cakes. Very fine codfish cakes, with the potato, seasoning, etc. in them, come in cans and are very inexpensive. You simply slice these into 3, 4, or 5 rounds, dip in flour, and fry 'em. Very, very easy; and very, very cheap.

### CREAMED CODFISH, NEW ENGLAND STYLE

Freshen some fresh salt cod, or use some lightly steamed or boiled fresh codfish, (the 'salted' is better), and cut it into dice-sized pieces. Make a moderately heavy white cream sauce, (or open a can of it). Heat the sauce carefully—best in a double-boiler—and when very hot carefully stir in the cod. Season with a little MSG and some white pepper, and there you have the basic dish. In some parts of New England, they include some diced, boiled potato; some other recipes add quartered hard-cooked eggs.

This may be served on buttered toast, with a plain boiled potato, if none are in the creamed fish. We prefer the creamed cod over split and toasted and heavily buttered English muffins; and like plain boiled hominy with it, as well as a side dish of tangy Harvard Beets.

For a generous single portion, use 1 cup cod to one cup of cream sauce, with no more than  $\frac{1}{2}$  cup of potato, and a single egg. The dish is fairly heavily peppered (white), but no salt is needed as some will be left in the cod.

Fresh cod filets may be lightly steamed or boiled, or poached, usually with a piece of lemon to keep them white, then taken out of the water or liquid, put on a plate and covered with a rich Creole Sauce (Neapolitan, Spanish, etc.) This is the classic COD CREOLE, and is as delicious as it is simple to prepare. It's inexpensive, too.

It may seem inappropriate to offer here the preparation for the classic *GEFILTE FISH*. However, this superb dish does lend itself to "casual entertaining," and—when well made—is always delicious. Let's discover a little about "filled fish."





This is a liberal translation; in the old countries certain fish were literally skinned, all the bones were removed from the bulk of the fish, which was then chopped and seasoned. The mixture was then cleverly put back into the whole skin, and the reformed fish was carefully cooked.

Some more modern cooks simply save pieces of the skin and wrap these around balls or cakes of the prepared fishmeat. Often, today, the prepared fish mixture is simply formed into cakes and is then cooked as classically directed, without the skins. There are many commercially canned and bottled gefiltes; we have never found a very good one.

In Jewish home kitchens the world over, Friday is the day to make gefilte, and, of course, this must be done before sunset as the sabbath (Shabbas) starts at that time, lasting through 24 hours, or to Saturday evening. In the strict Jewish home, no fires are lit during this period, so the delicate cold fish dish, in its own fine nutritive jelly or liquor, is ready to feast on.

Our modern apartment dweller, with an eye for the casual "drop-in" for the weekend, would do well to consider having a nice crock of gefilte fish in the icebox. These may be quickly served cold, or—with only minor preparation—can easily be passed hot.

Of course, if you're the type ninny who would hesitate to serve an item with the racial connotation of gefilte, forget it! And the loss will be yours. Of course, you could simply call them "fish balls," (being very gay about it!)

We advise that the gefilte be kept, after cooking, in a crock or any non-metal container, which will have a tight or heavy lid. Also, you will need a fairly large, preferably enamelware, pot to cook the fish in. (This type pot is almost a must in any kitchen for good, large batches of almost anything, such as chili, meat sauce, jams, etc.) You also will need a piece of cheese-cloth; this is doubled and sewn together on three sides to make like a pillowcase. Then:

- 3 lbs. fish heads, bones, skins, tail etc.
- 2 onions—quartered
- 3 stalks celery
- 2 cloves garlic
- 1 bay leaf

Put all this in the cheesecloth bag; put it in the bottom of your big pot, cover well with cold water. Bring almost to a boil, skim scum from surface; leaving at least 2 in. of liquid over the bag. Let simmer while you prepare:

- 4 lbs. fish filets, chopped fine. (ALL fresh! Pike, carp, buffalo, and whitefish are best. Half should be whitefish; some sole, cod, or haddock could be used.)

- 1 small onion—minced very fine
- 2 small eggs (optional—use whites only—beaten)
- 1 scant tsp. white pepper
- 3 scant tsp. white pepper
- ½ tsp. MSG—1 tsp. salt
- 1 tsp. fresh chives—finely chopped
- (opt.) 1 small carrot—shredded fine, then chopped fine
- ½ cup icewater
- 2 whole carrots, peeled, sliced.

Chop fish very fine, after removing all bones, skins, etc. Chop onion, chives, the small carrot if used. Mix vegetables with the fish, mix in matzo meal. Work in seasonings; beat eggs (whites only), mix with ice water; fold into mixture. With wet hands, form balls or cakes of the mixture. Most usual is an oval, flattish cake, about 1 inch thick by 4-5 inches long, and about 2-3 inches wide. Or, balls of the mixture are about the size of golfballs; these are easiest rolled together between wet palms. Having again skimmed the simmering fish stock, there should be about 2-3 in. of clear liquid on top of the bag of bones and vegetables; this is cooking at not-quite-boiling. Carefully lay the cakes or balls on top of the bag in the stock. Strew the sliced carrot around them; the liquid should just cover the cakes. Cook—with the pot covered—for one-and-one-half hours, adding a little more water if needed, and gently shaking the pot a couple of times. Let stand uncovered as is for half an hour after turning off the flame. Carefully remove the cakes or balls to a flat platter or pan. Fish out the bag and discard its contents. Wash the bag out well and wring it dry. Skim the carrot slices out of the liquid and set these aside in a small jar or bowl (that can be covered) and dip out enough of the stock adding a little water, to cover the carrots. Set these aside to cool. Both the contents of the crock, and the carrots, must be completely cold (several hours) before putting them in the icebox, each covered. Carefully pour the liquid left in the pot, straining it through the doubled cheesecloth, into the crock or jar you wish to 'store' the gefilte in. Carefully put the balls or cakes into this liquid and set it all to cool. The gefilte will keep almost indefinitely in this manner, in the somewhat gelatinous liquid. Gefilte is usually served cold. The chilled cakes have a few of the carrot slices on top as a garnish. Often served with it is a Jewish-style horseradish; this comes bottled, but should be as fresh as possible. The old-country Jewish housewife will grate her own fresh horseradish and fresh beets, to make a condiment that is hotter than the hinges of Hades. It is delicious with many meats and other dishes. Or, the gefilte may be served hot by heating the cakes in some of their own broth or liquid, and served as is, or with any of several sauces over it.



These could include a Creole Sauce, a Piquante sauce, a Lemon-Butter-Egg sauce, or even a tart Hollandaise. A rich but light cream sauce heavily flavored with chopped fresh dill, and poured over the heated cakes or balls, would make this a typically Swedish-style dish.

While we have already mentioned it there are literally thousands of ordinary and extra-ordinary fish dishes, these few here detailed should be in the repertoire of any aspiring good cook; many will not be found in more ordinary cookbooks. Of course, a fish steak or a fish filet, or even a whole small fish may be simply floured and fried. Why not? Fresh swordfish, halibut, salmon, even filets of fresh cod, haddock, etc., can be very fine eating. Some of the heavier fish, such as tuna, swordfish, bluefin, sturgeon, albacore and the like are just wonderful when nicely broiled. These last are fish containing a considerable amount of oil, and so they take very well to broiling. With them a light butter sauce, possibly with added lemon or anchovies, or a SAUCE MAITRE D', are most appropriate. Some small whole fish, such as small sole, sandabs, trout, and the freshwater types; perch, catfish, crappies, etc. as well as smelt, whiting, pompano, and so on, are all simply prepared and are very fine eating. We believe that the most important thing about any served fish is its actual freshness; this does not include freezing.

There are some fine, standard and exotic dishes such as Shad Roe, Tongues and Sounds, Bellies, etc.; these are perhaps just a little too far out for this pamphlet, and usually will appeal only to confirmed fish-eaters. There is quite a gamut of smoked fishes, including Finnan Haddie, Sable Fish, Black Cod, Sturgeon, Kippers, and the like; these are all darned good eating, but—as with so many other things—you just have to be in the mood. All considered, and particularly as regards these last few items, we feel that it is best to stick with some of the tried and true numbers, even though it may not display the cook's versatility. There are other ways to get this across.

(What's that, Maude? You say to hell with fish, no matter how tasty? Yes, dearie, I admit that cooking fish in a small apartment just ruins the scent of the incense!)

## CHAPTER SEVEN

### *What to do with a Tough Piece of Meat*

Steaks  
Steak Gorgonzola  
Fried Onions  
French-fried Onion Rings  
Fresh Mushrooms  
Bordelaise Sauce (modern)  
Veal, Pork, Lamb, Ham Steaks  
Grant Avenue Veal  
Pork Steaks  
Lamb Steaks  
Ham Steak Dinner  
Red-Eye Gravy  
Chops  
Cutlets  
Holstein Schnitzel  
Paprika Schnitzel  
Rahm (Smetane) Schnitzel  
Weiner Schnitzel  
Veal Cutlet a la Marsala  
Veal Cutlet a la Parmigiana  
Scallopini  
Hamburgers and Hamburger Steak  
Meat Balls  
Meat Loaf  
Sausages  
Bratwurst  
Italian Sausages  
Knockwurst  
Polish Sausage  
Braising  
Shortribs of Beef  
Roasts  
Prime Ribs of Beef au Jus  
Stock

Lamb or Veal Fricassee  
Roast Pork  
Hot Buttered Rums  
Roast Leg of Fresh Pork  
Roast Sweet Pickled Pork  
Orange Sauce  
Baked Hams  
Roast Leg of Lamb  
"Stuffing"  
Roast Saddle of Lamb—Santa Fe  
Pot Roast  
Sauerbraten  
Corned Beef Dinner  
Corned Beef Hash  
Tongue  
Heart  
Tripe  
Barbecue Sauce  
Barbecued Spareribs  
Barbecued Spareribs Hawaiian  
Liver  
Fegato Venezia  
Stews  
Old Fashioned Stew  
Mulligan  
Dumplings  
Old Fashioned Lamb Stew  
Irish Lamb Stew  
Browned Beef Stew  
French Stew  
Beef Bourguignon  
Goulash  
Meat Pie — Shepherd's Pie  
Swiss Steak





## SEVEN

The answer is to be more selective in the meat that you bring home. The best these days is often none too good; "you gets what you pays for."

Another thing to do would be to beat it. We always think of Texas as the home of the well-beaten meat. A sort of national dish down there is the chicken-fried steak, which is just a so-so piece of meat—beaten 'til edible. That's Texas for you!

It all boils down to this : regardless of advertised trade-names (of various meats) and irrespective of stamps (government stamps, city stamps, county and state stamps, NAACP stamps for "kosher," packer's stamps and grading stamps), the shoulder clod that you pay 80 cents a pound for, will undoubtedly be better than that same cut on special at 49 cents. It is a peculiar thing, but any who have done the marketing for years, do not know the various grades of meats, and can't tell what the stamps mean, anyway.



Prime Beef, for example, is, (at least, in California), the very finest grade of beef. This indicates that the animal was from a fine strain, was steer beef, was killed at a suitable age after being practically hand-fed on selected grains, etc. "Prime," incidentally, is almost never sold in markets; it goes to luxury hotels, clubs, and the like, who pay a very high price for it.

The following beef grades, after



"Prime," are: Choice (AA), Good (A), Commercial (B), canner and cutter (C), utility (D). At least the last of these two grades may be old dairy cows or bull-beef; they are always range-fed (on grass), and are stock that has never been fattened. However, beef in each of these grades will have a "prime rib" (standing rib roast), clods, loins, sirloins, a chuck, plate, brisket, round, rump, etc.—just as do better grades. Butchers can be misleading; an unwary buyer may think sirloin of beef is sirloin of beef. True, but it isn't always good eating. Yes, the old die-hards who say, "Meat, dearie, is meat!" are not exactly right.

Pick a butcher, then, that you can depend on, and patronize no other. There is an exception, of a sort, to that, too; many butchers specialize in lamb or pork or veal, and may have a better quality of one or more of these, than in their beef, or vice-versa. Packaged, ready-cut meats are often a gamble; the marked price unfortunately, is almost the only guarantee of any quality, and this is not infallible. Better to buy from a butcher who will cut it to your order and selection, and who has learned that you will not accept poor meat. One who knows that you will return when his place is crowded and read his beads loudly, if he has foisted off something not so good on you.

Then too, the buyer can use a little good sense, or as one old cat once cracked, "Caveat emptor" (trim off the fat, please). Meat that is to be cooked quickly—as a steak—calls for a better quality of meat than if it is to be cooked slowly, such as pot-roast or stew, swiss steak, etc. While you want "Good" or "Choice" for steaks, a selected "Commercial" would be very satisfactory for the slower-cooked items.

Another consideration—the shopper should try to get aged meat. By proper hanging at proper temperatures for one, two, or three weeks, the meat seasons or "breaks down," and becomes naturally more tender. But many butchers just don't want to be bothered with this sort of processing. (All that meat hanging around and nobody doing anything with it!) As the great majority of their customers don't know the difference anyway, what the hell!

One aspect of the cost of meats seems to be the American taste for the expensive cuts. There are, you should know, cheaper parts of meats that are quite as tasty, some even more nutritive. (Quiet, girls, let's exchange notes later!) For example, heart, either beef or veal, is very inexpensive; it has more good protein and some other desirable elements, than sirloin. Tripe (beef) is considered a delicacy in every country of the world but ours; it is the best known source of edible calcium. (Calcium builds bone.)

There are unbelievably cheap lamb cuts, such as breast, shank, neck (for stews), and even lamb liver. For example, this last costs about 25 cents per pound. Properly prepared, lamb liver is more tender, more *fine* than the most expensive calf's liver. Like all livers, it must be

skinned; lamb liver has a fine skin that is a little tedious to remove. Hint: You dunk the whole liver—about 1½ lbs.—in a pot of boiling water for 15 seconds; then it peels easily. It is well known (professionally) that many very fine and expensive hotels and restaurants serve delicious lamb liver for the more expensive kind. (Yes, dearie, there's tricks in every trade!)

Pork liver is very inexpensive too; pig's feet and head can be fun and good eating, but do require a pretty professional treatment. Tongue—of practically every kind of beast (sit down, Clarissa, you weren't being insulted) is comparatively cheap, and makes a delicious meat on the table. It can be served hot or cold, and is fine for sandwiches. Flank steaks are very cheap; nicely trimmed, they are rolled with stuffing and slowly baked or roasted. These make a wonderful and inexpensive, dinner. So, we say, learn to buy and prepare some of these cheaper cuts of meat, and cut down on your bills. But, most important, be friendly with your butcher; it'll pay you well. Don't swish into his market and get all impatient at having to wait. Smile at the S.O.B., as you gayly ask, "How's ya meat, today, Butch?" This will often do it.

## STEAKS

These are the premium cuts of the beef, and supposedly the most tender most suitable for frying, broiling, grilling. They are usually the most expensive parts of the animal, too. A bargain steak on the meat counter is seldom a bargain. Average grade of steak meat in most markets is U.S. "Good."

A one pound steak can be costly; this is a good weight for a New York or a sirloin steak; an 8-10 oz. filet or top sirloin is a good size; Rib steaks should be about a pound; Spencers 8-10 oz., T-Bone and Porterhouse steaks are not so popular anymore; these contain a T-shaped bone with a N.Y. (sirloin) steak on one side of it and a Filet (tenderloin) steak on the other side of the bone. To be really good, this steak has to weigh at least 20 oz. of which a portion is bone and fat. It just isn't a practical cut of meat (at these prices!) either to buy or to sell. Such a steak—for one—could cost at least \$2.50. See?

Round steaks, club steaks, etc., offer good and tasty meat, say, from a "commercial" beef at about half the price of a graded "good" steak as above, but they must be cooked differently. With round steak you can make a wonderful Swiss Steak; or the round steak may be stuffed and braised. You can see, though, that these aren't just slapped in a pan and cooked; they must have long, slow cooking, and require some added liquid which makes for a wonderful gravy. As Epicurus once said, "It ain't the meat, my dear; it's the gravy!"

Or, pieces of round steak, particularly if it's thin, can be "tenderized" (pounded or almost hacked to pieces but not quite; "pre-chewed"



as it were.) These pieces may then be breaded and cooked as chicken-fried steak (Texas' national dish. Ugh!); or as Old Fashioned Pounded Steak. Club steaks, (this is a name those sly butchers usually hang on odd and short cuts of meat), such as small ends of the short loin, small top-sirloins, very small rib steaks, and that sort of thing, are often a bargain.

A current meat market practice is the use of tenderizers on tough, cheap meats; most of these do the work, but many can be tasted by people who know the full rich natural flavor of good beefsteak. Some butchers sneakily use these on the meat displayed and sold—and it sure as hell ain't Kosher; in fact, in many places it's against the law.

Most popular of steaks seems to be the Top-Sirloin; closely seconded by New York (strip sirloin); these can be fried, broiled, or grilled, but they should be cooked as quickly as possible. Frozen steaks (if you have 'em; we're against almost anything frozen in the meat line) should be thawed just by laying the meat out on the sink or wherever. (Hell, put it on the Hi-Fi or in the baby's crib, for all we care.) Leave it out for an hour or more before cooking. At this point, a little tenderizer could be applied, and a little salt, garlic powder, and some coarse and freshly-ground black pepper, can be rubbed into the steak. Both sides. Also, a little oil may be dribbled on it. Then, if it is to be broiled, the oven and/or broiler should be preheated to 450°, for at least 20 minutes. If the broiler rack isn't made hot, it won't sear those gay criss-cross lines on the meat, which indicate that it was broiled. See? So, a steak about 1¼ inches thick should take about 8 minutes on one side, then about 5 minutes on the other. It should be served at once on a sizzling hot platter; a piece of butter may go on top, or some of the juices from the pan under the broiler.

## STEAK GORGONZOLA

A mad, mad topping for any good steak, is a slab of Gorgonzola cheese (or Blue or Roquefort) plopped on the almost done steak, and allowed to melt down under slightly reduced heat for a minute or so. Crazy? Nope! Ya' like cheeseburgers, don't you? Same idea, and real yummy. Or, if the steak is fried or grilled, and you have no broiler, you can put the pan, with the steak in it and the cheese on top of the steak, into a 500° oven for a couple of minutes. Some fine deal!

If steaks are to be pan-fried, or grilled, (cooked on a flat metal plate), the pan or the plate should be very hot when the meat is put on it. This sears the surface of the steak to a nice brown; it keeps the juices in. After 2 or 3 minutes, the steak may be turned and the other side seared; then the pan or plate heat may be reduced slightly to cook the steak from 10 to 15 minutes longer, as desired.

A well-done, burn-it-up, cremated steak is a capital culinary crime; if the cooked steak is still not juicy, it is tough. That extra-long cooking dries out the juices, leaving only a tough husk of the meat. I guess we need hardly tell you that a piece of meat with no juice in it to savor on the tongue and smack the lips over, is a lousy piece.

Aside from plain butter as a steak sauce, or the Gorgonzola bit, there are several other steak garnishes that will do the business, if you like that sort of thing. (We just like plain, tasty meat.) There's the bottled sauces, like A-1, Escoffier, Tuxedo, Chevrolet, Falcon, Corvair . . . where were we? Oh, and there are other little odds and ends dear to the hearts of steak eaters. Plain ol' FRIED ONIONS are swell. Brown the slices of onion in a little butter and a little oil (butter alone burns), then cover the skillet and lower the heat. Smother 'em! Real good. They are ready in about 5 minutes. FRENCH-FRIED ONIONS are real jazzy, a little more trouble. Cut nice chunky rings, dip them into seasoned flour, then into buttermilk, into flour again, then buttermilk, then flour (that was the third time); then, let them stand and dry for 15 minutes on a dry cloth. Then, as the steaks are nearing done, put the rings again into that ol' debbil clabber, (buttermilk to you city folk), once more into the flour, and quickly—a few at a time—into very hot, deep fat. When nicely browned and still crisp—and they'll only take a minute—take them out carefully and drain on paper towels. Serve on the steaks at once. These are really fine onion rings, but they must be handled with some care or the breading will come off. Truly worth the trouble.

FRESH MUSHROOMS. Either whole small mushrooms or sliced larger ones are cooked in a little butter-oil for about 6 minutes, just well heated through. Pour the fat out of the pan, set it aside. Throw in about an ounce of brandy; this will flame up for a minute. Put the melted butter back with the mushrooms, and pour the whole thing over steaks on hot platters. 'S wonderful!

Or, use a modern version of BORDELAISE SAUCE. Using a full cup of chopped fresh mushrooms, (this is for 2, 3, or even 4 steaks)—dice up 2 strips of fatty bacon; put it into a skillet over medium heat. The bacon must not burn during cooking. Add the mushrooms, a large clove of fresh garlic, minced fine, 2 or 3 small green onions, chopped fine. Cook this together a few minutes; this may also be flamed with brandy at this point; this is optional, (we don't). Stir in half a cup of brown gravy, half a cup dry red wine (as Burgundy or claret, etc.—NOT a sweet wine), 1 tsp. soy sauce, a good sprinkling of coarse black pepper, and finally a small chunk of butter in one piece. Do not stir in the butter, but let sauce simmer until butter melts, when you may add (optional) a tsp. of finely minced parsley. That's your modern Bordelaise; don't bother to call us to tell us that it hardly resembles a true



Bordelaise; we know it—but this is damned good on steaks.

There are some connoisseurs of fine foods who like anchovy butter on steaks; others go for a good Bearnaise Sauce. This last is quite difficult to prepare properly, though most cookbooks offer recipes and suggestions for it. (We'll tell you how in "Sauces"—Chapt. 9.)

## VEAL, PORK, LAMB, AND HAM STEAKS

None of these are too far out; they will usually cost less than a good beef steak, and are very tasty as well. Let's give 'em a brief whirl.

VEAL is a meat that is nearly always cooked 'well done'; in fact, the served meat should be almost 'white' in the center as it is cut, after cooking. A veal steak should be about  $\frac{3}{4}$ " thick, and is usually cut off the round, that is a nice even slice clear across the upper leg. Veal is a bland meat, and the steaks seem to go well with spicy or tart sauces; though even a plain lemon-butter sauce, or a Meuniere is fine. At Happy House we have a way of doing these that is easy and unusual. God knows it's different! As it is a Chinese-style of cooking, we laughingly (laughingly! . . . get her!) call it GRANT AVENUE VEAL.

In a heavy skillet, we put a little oil, then some minced onion and garlic, and at least 2 Tbs. of grated fresh ginger root. You'll really have to hunt for a produce market that has this, but once found and used, you'll never be without it, as fresh ginger root can really jazz up some dull dishes. Usually we add some coarsely chopped bell pepper and green onions, and always some sliced fresh mushrooms. We toss these about in the pan until the vegetables become tender; then we skim them out of the pan and set them aside. We raise the heat under the pan a little, and slide in our lightly-floured veal steaks. We sear these quickly, 2 or 3 minutes on one side, turn them over and do the other side. We again reduce the heat; pour in 2 Tbs. Soy Sauce, and cover the pan. We cook for about 5 minutes, then we turn the meat over, dump all the vegetables on top of it, and cook for another few minutes—uncovered. Dished out on a hot platter, with all the vegetables and sauce poured over the steaks, this is a real goody.

PORK STEAKS seem to have an affinity for apples; fried apple rings will brown nicely if the rings are lightly floured as soon as cut. Another way we do it (with pork chops!) is to salt and pepper the meat, melt a little of the trimmed off fat in the skillet, then add the pork chops or steaks. Brown them on one side for 3-4 minutes, then turn 'em over. Pour about a teaspoonful of rich cream (or even canned milk) on each piece of meat; top this with a couple of tablespoons of tart applesauce. Reduce the heat under the pan, cover it and let cook about 10 minutes longer. Dish up the meat on a hot plate, and pour pan residue over them. This is hearty food—and fattening!

LAMB STEAKS take lots of minced fresh garlic for us, and a good pinch of crumbled herbs such as mint, oregano, basil, even a very little tarragon. (We keep jars of these whole leaf herbs handy, and grind up a few in hand as needed.) It is very difficult to get a butcher to cut a decent lamb steak; we solve this by buying a leg of lamb, and then we have him cut about four 1 inch steaks from the center of the leg. At home we take the remaining butt and shank meat off the bones in chunks, and eventually make a fine lamb curry or stew of it.

HAM STEAKS are another great treat; and are seemingly an "American Dish," (. . . nothing like a good ol' American dish, we always say . . .), and they are really easy to prepare. These are fine pan-fried, though some like them broiled. Again we buy whole small hams, not over ten or twelve pounds. The butcher can get 'em for you, but you'll have to order a week or so ahead. Canned hams won't do; you really want 'cured' hams, preferably NOT tenderized. Cut the steaks—(or have the butcher do it; he can saw like mad!)—about  $\frac{3}{4}$ " thick, right through the center and middle of the ham, so that you have a whole thick center slice with a small bone in it. Trim away excess fat—(save it if you don't want to use it then; it has lots of flavorful uses). Actually, we like to broil the ham steaks first, on a mad-hot broiler rack. We do this about 3 minutes on each side so that each side is nicely marked. Meantime, we render some of the chopped ham fat trimming in the big skillet; as it gets hot, put the steaks in. You may have to do this one at a time, holding one in the oven while the other cooks, or you can broil them all the way, while making the gravy in the pan. Don't overcook the ham steak in any case, as this dries it up; really, the ham is already cooked. Put them on a hot platter and set them aside to keep warm—in the oven, maybe.

Stir some flour into the fat in the pan. Of course you can measure it if you want to; if you have a half cup of fat in the skillet, use a half cup of flour. Stir it all together with a fork; add a tsp. of coarse ground black pepper,  $\frac{1}{2}$  tsp. of MSG,  $\frac{1}{2}$  tsp. of paprika. As it all becomes a coarse paste (reduce heat a little if it seems to be scorching), we work in 2 cups of rich milk. We stir like crazy to get all the lumps out, and when it is finally smooth we add a teaspoon of cider or malt vinegar. We serve this RED EYE GRAVY in a sauceboat—or bowl—on the side.

With this Ham and Gravy, we like sweet potatoes (NOT yams—there is a difference). We boil the potatoes about 45 minutes, with  $\frac{1}{2}$  tsp. sugar (NO salt) in the water. Take 'em out and peel 'em. We roll these in a pie pan with a tablespoonful or two of our ham fat that we saved out of the pan before we began to make the gravy; we put the potatoes in the pie-pan with the fat, in a moderately hot oven (400°) for a few minutes. Served on the steak plates, we mash 'em down a little with our fork and cover them with the gravy. (Well, that's the



way WE do it—you cook 'em, and you're on your own.) With this we like plain, lightly cooked fresh spinach, and lots of hot biscuits. We usually finish up the last of the biscuits with the last of the gravy. Somehow, when we have this meal, a general torpor sets in as we push away from the table. We slyly stack the dishes—and go and take a nap. This little menu is not recommended for calorie watchers, but is it ever good!

## CHOPS

Thin chops are never as satisfactory as thick ones; lamb, pork, or veal chops should be at least  $\frac{3}{4}$ " thick. All may be prepared as the steaks above. Lamb chops are very often cut double, or twice as thick—these are usually broiled. Pork and veal chops are always cooked thoroughly through so that there is no pink at the center; but this too can be overdone, in which case the chops dry out and lose much of their fine flavor. Just watch them!

## CUTLETS

These are thinner than chops, and are boneless pieces of meat, usually with no fat. They are most often made thin by pounding or other flattening; they are most often floured before very quick frying; cutlets are sometimes lightly breaded. Most cutlets are served with some particularly appropriate sauce or gravy, and are served with suitable garnishes. (See "Breading"—Chapt. 10.)

Two very standard examples of the cutlet bit are the German-style WIENER SCHNITZEL, and any of the many variations of Italian-styled *cotolette* such as our favorite, *cotolette alla Parmigiana* (see below). In each of these given attention here—and these are only three or four of several hundred standard preparations—a veal cutlet a little less than the size of a person's hand, and less than half an inch thick, is pounded flat and thin. Aside from putting it through the old clothes wringer—the best way to do this is between two heavy sheets of waxed paper. Lay it all on a wooden surface and use some flat, heavy object to pound it flat. A rolling pin can do it—we just use the bottom of a beer bottle, starting with the full bottle, and by the time the bottle is empty, the cutlet is usually thin enough! The schnitzel or *cotolette* is then lightly breaded and is quickly fried in oil and butter to a light golden brown, after which it is taken up and set in a warm place, (like a 175° oven) to hold. A little flour is stirred into the pan fat; seasonings are added; thin milk or cream is stirred in to make a gravy. Some of this is put on the warmed service plate with the cutlet on top of that. A garnish of a small fried egg, and three small mounds of vegetable puree, yellow turnip, potato, green pea—Schleswig—Holstein's state

colors are yellow, white, green)—go alongside. This is a proper HOLSTEIN SCHNITZEL.

With a little paprika added to the gravy, and a little sour cream—you have a PAPRIKA SCHNITZEL; if sour cream replaces all the milk in the gravy, and a sprinkle of lemon juice goes over the schnitzel, you have a RAHM or SMETANE SCHNITZEL.

With a very little paprika added to the gravy, and the served cutlet garnished with a thin slice of peeled lemon topped with an anchovy ring full of capers, and with pickled jullienne of beets (cold) at one side, you have a properly garnished WIENER SCHNITZEL.

Actually we mention all these very similar variations here as many restaurant cooks pile all these things on the poor inoffensive piece of meat and call it Wiener Schnitzel. And so it goes. These are all standard recipes in Continental cuisine.

## Italian Styles . . .

Floured and seasoned cutlets, quickly pan-fried in fine olive oil are set aside; a little brown gravy—(a couple of spoonfuls)—go into the pan with the remaining fat. Then about twice as much dry red wine (Marsala is a dry red wine of Sicily, with a Sherry flavor and body. Two parts good California Burgundy to one part heavy California sherry would be almost the same thing) is stirred into the gravy. A very little minced garlic can go into this, and a few slices of fresh mushroom. The sauce is slightly reduced with about 8-10 minutes of cooking over low flame, and is stirred smooth. The cutlets are returned to the pan and sauce, and cooked in it for another couple of minutes. They are then served on a hot plate with the sauce poured over. This is a standard VEAL CUTLET *a la MARSALA*; and is very fine with a dish of some *pasta Al Pesto* or other plain pasta preparation.

Many of the Italian recipes (and there are many, many of them) feature some version of a tasty tomato sauce; our favorite is a *cutlet ALLA PARMIGIANA*. For this popular number, the cutlet is breaded somewhat differently: first in the seasoned flour, then in the egg-milk dip, then in a mixture of  $\frac{1}{2}$  crumbs with  $\frac{1}{2}$  grated Parmesan cheese. The breading is firmly pressed onto the meat, and the cutlets are fried in  $\frac{1}{2}$  olive oil and  $\frac{1}{2}$  butter. Brownd lightly and quickly, the cutlets are then held—and cooked a bit more in a 250° oven. A little minced onion and garlic are sauted in the pan grease; some seasoning herbs, salt and pepper, are added. Then, several Tablespoons of Tomato paste or heavy puree, are stirred in. This is cooked together about 10 minutes. The sauce may be thinned with a little milk or with a little white wine, if it is too thick. Strained, the sauce goes onto the service plate, and the cutlets are set onto the sauce. We toss a few strips of anchovy on the



cutlet, and have some Italian pickled peppers (*pepperoncini*) alongside.

SCALLOPINI, or *escalope* if you like French better, are little scallops of veal and are very popular with Italian diners. Four to six are served as a portion; each is a piece of lean veal weighing about an ounce, and is flattened out to very thin. They are lightly floured and are quickly browned in butter-oil (olive oil if Italian style). Then they are usually added to a pan of rich sauce for a little further cooking, or they may be put in a small baking dish (as a *cocotte* or *shirrer*), and with a sauce poured over may be finished in the oven or under the broiler. This last bit would seem to illustrate the differences in Italian and French preparations of the same item. Man! These foreigners . . .

## HAMBURGER AND HAMBURGER STEAK

We cannot pass on from this steak and fried-meat bit without mentioning the poor man's sirloin, though there's nothing really cheap about good quality hamburger. As a starting point, your hamburger dish—whether it's a hamburger on a bun, or a 12 oz. steak, will only be as good as the meat in it. And ground beef can vary greatly in price and quality, in your market. There's nothing wrong—in any sense—with the cheaper meat; however, it will have an excess of fats and trimmings in it. These will cook out, making the patty or steak shrink noticeably. So aside from just buying the .75 hamburger—what to do? One solution is to go half-and-half, with a pound of .35, and a pound of .75; this makes a pound of fairly lean ground beef at .55 lb.

At Happy House, where we do have a lot of mad equipment (mostly in the kitchen!) we have a mixer-type gadget with a grinder attachment. We find it very handy, but a small, serviceable hand grinder can be bought for a couple of dollars. It is well worth it.

With our grinder 'greased and ready' we shop for some inexpensive meat. (We know, Gertrude, and you're not the only one who's spent half her life looking for inexpensive meat.) Quite often our 'butch' will have a sale on chuck roasts, or 7-bone roasts or round bone roasts, or whatever he calls it that week. We paw through his meat until we find a piece that is the leanest, has the least bone. If this weighs approximately 3 pounds, we figure to get just over 2 pounds of very fine lean hamburger from it. Of course, we'll have to sit down with a sharp knife and trim away all the fat and bone, leaving just the lean red meat parts. Then we'll grind it through a medium-holed grind plate (most grinders come with three—a large, medium and small), putting the meat through twice. Whatever the cost, your own fresh-ground hamburger will taste twice as good as some you simply buy off the shelf.

A good hamburger patty is 4 or 5 oz.; a good steak is 12 oz. Add a

little MSG to the meat if you like—(but not in the absurd quantity the radio and T.V. commercials advise; use just a little more than you do of salt). A little coarse-ground black pepper will make it tastier, but with this type of meat, you must remember that the more things you add, the less you'll taste the good fresh beef flavor. We admit that we add about ½ cup of Burgundy to each pound of the ground meat.

The same garnishes favored with other steaks—as fried onions, mushrooms, sauces, etc.—also go well with Hamburger Steaks. While cheerfully admitting that it may be a culinary crime, we always have the bottle of catsup on the table when we serve hamburger. (Jim gets real nasty if we forget; beats hell out of Mother!)

## MEAT BALLS

While we're on the subject of ground meats, we can't overlook that old favorite, Meat Balls. *Frikadellen* in Scandinavia, *Konigsberger Klops* in Bavaria, *Keftides* in Greece, *Polpette* in Italy, it's just plain Balls in this country!

Meat Balls can be all beef, or a little pork sausage meat can be mixed in for added flavor. Scandinavians use half beef and half veal; German cooks use beef, veal, and pork. Greek cooks make theirs of ground lamb or mutton. Some chefs add bread or other fillings—they insist this makes 'em 'light'. Maybe. Italian cooks often put in a little grated cheese, sometimes a little olive oil. Many cooks add some cooked vegetables, such as onion, garlic, etc. We use:

- 1 lb. ground beef
- ¼ lb. bulk sausage
- 3 slices white bread—soaked in ½ c. milk, which is then squeezed out and discarded.
- 1 egg—slightly beaten
- ½ cup minced onion
- ¼ cup minced green onion
- 2 buds garlic—minced very fine
- ½ cup celery—minced very fine
- ½ tsp. salt—½ tsp. MSG.—½ tsp. black pepper
- ½ tsp. sweet basil leaves—½ to ¾ c. Burgundy

We find that if the meat ball (or meat loaf) mixture is put together and let stand for 2-3 hours, the flavor is better. The vegetables are sauteed (fried) in a pan with a very little oil or fat, and covered for about 5 minutes. They are then added to the meat, and the seasonings are mixed in with the wine. Make the individual balls; roll them out in your palms; if your hands are dipped in cold water, the meat won't stick to them. Fry them lightly a few minutes in a



skillet, then put the skillet and meat balls into a 375° oven for 15-20 minutes, shaking them up once or twice. On the stove you'll have 3 or 4 cups (for 2 or 3 servings) of a good Italian type sauce (Chapter 4); bring this to a gentle simmer. Take the meat balls out of the oven; spoon them carefully out of the pan-fat and into the sauce. Let balls simmer in the sauce for at least half an hour. During the last 15 minutes of this you can cook the spaghetti or other pasta. And don't overcook it. Drain the not quite tender spaghetti; dish it out onto big plates; pile balls on top, with a good deal of the sauce over them. Serve at once, and have plenty of freshly-grated Parmesan or Romano cheese handy. Also needed: a crisp green salad, crusty French rolls or bread, and lots of cold beer or an Italian-type wine. (Zinfandel is a fine California claret that suits this very well.) A real fine meal!

## MEAT LOAF

While we're still gassing about dishes based on ground meats, let's give the lowly meat loaf the once over. We use the same basic meat mixture as for meat balls. The bread may be omitted, or slightly more of it may be added to make an even more economical—and larger—loaf. Many cooks, professional as well as amateur, extend the meat loaf in this manner. To 2½ lbs. of mixed meats (and with no bread) you may add any of these:

- (a) 1 to 2 cups grated raw potato OR
- (b) ½ cup rolled oats—chopped fine on board OR
- (c) 1 cup—cooked rice OR
- (d) 1 cup—cooked kasha OR
- (e) 6 slices fresh bread, crusts removed, mixed well with 2 Tbs. canned milk.

(NOTE:—Meat Loaf may be made without these 'extenders'—but they make more good meat loaf—and tastily. We use, at Happy House, 1 cup grated raw potato, plus ½ cup cooked Kasha, to 2½ lbs. of meat. We love it!)

This fair-sized meat loaf should bake—at 350°—in about 1¼ to 1½ hours; take from oven and tip excess grease from pan. Set pan (with loaf) in a warm place for at least half an hour before turning out and slicing. Serve with Tomato Sauce, or Creole Sauce, or Mushroom Sauce, or any kind of rich brown gravy you may have on hand. We have eaten a fine meat loaf served with a cream or country gravy; this was certainly unusual, but was very good. We learned that the ingenious cook-host had only a little brown gravy, so he stirred a can of Cream of Mushroom Soup into that, added a little water, fried a couple of

strips of bacon crisp, then crumbled these and tossed 'em into the pot with a little added coarse-ground black pepper. Darned if it wasn't real tasty on the meat loaf.

## SAUSAGES

This can mean anything from those little pork links you love for breakfast to plain ol' everyday frankfurters. We don't particularly want to discuss the cold sausages here, such as salami, bologna (the Army's 'horsecorn'), liverwurst and those things, except to say they're sometimes handy to have in the icebox during hot weather for an impromptu lunch. (A girl likes to give as good as she gets!) Aside from the aforementioned little pigs, which are all fresh pork, there are many German and Italian-style fresh sausages that are fine eating. Bratwurst are made mostly of veal—and some filling; these are first cooked for about 10 minutes in hot water; then they must be braised with vegetables in a moist heat, or cooked with cabbage or kraut. Or, the pre-boiled bratwurst may be fried in butter; they are really good cooked this way and served with Bavarian Red Cabbage (*Rote Kohl*—see "Vegetables"—Chapt. 10), and with a side dish of chilled apple butter. Or, bratwurst can be heated—after the pre-cooking—in a light brown sauce or gravy; this should be well seasoned, possibly with some dry wine in it, as this sausage is rather bland. Quite similar preparations are recommended for the Italian sausages. These may be made of several kinds of meat, but pork is usually a large part of it. They are usually fairly heavily seasoned, though they can be bought in Italian stores as "mild" or "hot." These Italian sausages should also be brought to a boil and cooked for a few minutes as first step in preparation. Then, drained, there are a lot of things to do to and with them (quiet there Minnie!). Fried and/or reheated in an Italian sauce, they go well with many spaghetti and pasta-type dishes; they are very good with a tasty *risotto*.

About the same preparations go for so-called Polish sausages. These will have a somewhat coarser meat, (seldom any pork) and will be not only highly seasoned, but loaded with garlic. Real tasty—if you like that sort of thing. These go well cooked slowly in very rich gravy, then served with hot buttered noodles with a dash of nutmeg in them.

Popular among the cured or smoked sausages, are the lowly frankfurters, in several handy sizes and shapes. There are long skinny ones, stubby fat ones, some that are straight, some with a curve in the middle. KNOCKWURST, which are large and have some garlic in them, are very tasty; our gay 'butch' calls these 'sorority size'. Oh, he's a card! These are fine when baked on top of a pan of baked beans in the oven until nicely browned.



As a general rule, all fresh-meat sausages have to be pre-cooked in water for a few minutes to cook the meat through; then many things can be done with them. Cured, smoked, or already-cooked and processed sausages—such as wieners—only have to be well heated through in water.

There are literally hundreds of lovely sausages; all sorts of flavors; all sorts of meats; all sorts of shapes—and that is enough of that!

## BRAISING

We note that we have several times mentioned *braising*—and it just comes to us that very possibly many amateur cooks don't really know what this means. Literally, it means cooking in moist heat—and that's what we do. For instance, we would like to 'braise' some **SHORTRIBS OF BEEF**. Dandy! First we prefer to brown the strips of meat and bone, in a dry pan in a very hot (450-500°) oven. When they are well seared on all sides—and this should take about a half hour—we take 'em out of the roast pan and set them aside. We put a wire trivet or a flat rack, in the bottom of the pan, or a small plate, inverted, can be used. Then we toss in some coarsely chopped celery, onions, garlic, carrot and leeks. We pour in a pint or two of gravy, or rich meat stock, or gravy and meat stock. Possibly half of this liquid is red wine. Then we put the short ribs back in the pan, on top of the vegetables and the trivet, or such-like. Salt and pepper is sprinkled over, with possibly a few leaves of basil. The whole panful of goodies, covered, is set back into the oven and the heat is reduced to about 325°. After an hour, the cover can be removed—to let the direct heat crisp up the meat; the ribs can be turned over at this time, and more wine—or whatever—can be added if needed. The point of 'braising' is that the meat cooks in the steam of the pan liquid—but is not actually in the liquid as the trivet or rack holds it up out of it. Another half hour of cooking, uncovered, and the meat should be tender and succulent. Again we take it out of the pan and set it aside to keep warm, possibly in the closed oven, where we have turned off the heat.

We remove the rack, or trivet, or plate, from the roast pan, and set the pan with the juices and vogs. on a stove-top burner, over medium heat. As this boils up we skim as much of the fat from the top as possible. A few tomatoes, or tomato pieces, can be added, and a little MSG. Then a tablespoonful or two of flour is sprinkled across the top of this sauce; heat is reduced and it is cooked together for about 15 minutes. With a wire whip, we stir it all briskly together to remove any lumps from the flour—which should be absorbed by any remaining grease. Also—with the whip—dig all the burned brown bits from the sides and bottom of the pan, into the sauce. This is then

strained into a saucepan, the vegetables, etc., are discarded, and the sauce is let stand a few minutes so that any more excess grease will rise to its surface; and we skim this away. There we have a wonderful gravy for our shortribs, and the whole bit is ready to serve. We like these with mashed potato; some strong fresh horseradish always seems to be good with shortribs. This is a practical demonstration of braising; again—it means 'cooking with moist heat'.

## ROASTS

There are all kinds of methods of roasting your meat; we'll suggest only the simplest and easiest. If this seems unnecessarily detailed, we hope you'll bear with it. Let us say here that too many cookbooks direct the bewildered reader too casually; the true amateur isn't really told what to do—in needed detail. Perfectly legitimately, such a book (and we could name a few!) could say: "roast the proper number of minutes per pound, depending on the way you desire it to be." Well, this could suffice for an experienced cook; our girl, standing there with her meat in her hand, might or might not know just what to do with it. So in quite a few of our recipes and preparations we are minutely detailed, and you'll just have to go along!

Ya' wanna entertain some people to dinner, and with something pretty good? Well, your best bet is a good roast **PRIME RIBS OF BEEF**. If you buy U.S. 'commercial' (B) beef, this will cost you about .90 per pound; but—be very sure of your butcher. If he likes you, you may get a well-trimmed roast of aged and tender meat, and it is possible to get such good grade B beef. However, if you doubt that look in his eye and that larcenous gleam when you mention roast, it would perhaps be wiser to go up a grade and insist on 'U.S. Good' (A), or even go all out and demand 'U.S. Choice' (A). This last might cost as much as \$1.40 per pound, possibly less. You will be asked if you want a "full rib roast," or "only half." The full one would be 12 or 13 ribs high (cutting varies), and would serve 18-22 persons. A 6 rib roast will generously carve out 8-11 diners. Some cooks prefer the heavy butt end, others the small end. And—unless you know how to do it, have Butch make it oven-ready. This means that the excess fat is trimmed away, the "strap" and "plate" are taken out, the chine bone is taken off—then tied back on—and the whole roast is carefully and solidly tied up. A thought, here; you'd better order your roast several days, even a week ahead; this will give the butcher time to select and prepare it for you.

Put the roast into a roast pan, as is, fat side up; this goes into the oven at 450° for about 20 minutes. Then, turn the meat over, rib side up, for another 20 minutes. This should brown it a little and sear the



meat so that the juices won't run out. (Ooo! we remembered something else: we assume that the meat wasn't just out of the icebox and very cold, when you slipped it into the stove! Heavens, *quel damage*; nope, if you've had it in your box—better let it sit out on the table or whatever, for about an hour before roasting, so that it is about room temperature when you throw it in the oven.) To get back, throw a handful of salt and pepper on the roast, turn the fat side up again, reduce the heat to 325°, and roast 2 hours for "rare to medium." Turn meat over a couple of times during roasting. Now this is—say—a 10 lb. roast; an 18-20 lb. roast of prime rib would take at least 3 hours at this low heat, after that first 40 minutes. Many cooks advocate a faster cooking at higher heat; we contend that the slower heat and slightly longer time cooks the roast more evenly, and certainly reduces shrinkage. For our 10 lb. roast of beef, the total cooking time would be 2 hrs. and 40 min. Also, and this is very important, the cooked roast should 'set' for at least 30 minutes after it comes from the oven before carving. So—(ya gotta figure all these things)—if dinner is to be at 7:00, we must slip the meat into the oven about 3:45; out of the oven at 6:30; and at 7:00 we remove the strings, the loose chine-bone, stand it up and carve it.

For the last hour of cooking time,—in this case from 5:30 to 6:30—throw in a couple of stalks of celery, coarsely cut up, an old tired carrot or two, a couple of quartered onions, and 3 or 4 big buds of garlic. Also, add about a pint of warmed liquid; this can be stock, or bouillon or consomme (canned), even water; we use leftover coffee! To keep the meat out of this liquid, we lift it up gently and slip in that trivet under it, in the bottom of the roast pan.

AU JUS. When the roast is finally taken from the pan, and removed to 'set' in another pan or on a platter, and covered with a cloth in some place out of a draft; we put the roaster pan, with all the juices and vegetables without the trivet or rack, right on the stove-top over medium heat. Scrape down the pan, getting all the brown stuff into the juices; a little more stock or consomme may be added here. Let it boil up for a few minutes. Then strain into a saucepan, discarding the vegetables. Let this "juice" sit a minute or so, then carefully skim all the fat from the surface—and there'll be quite a lot of it. You do this easily with a small ladle. (Ya know what a ladle is Winnie Mae? That's a soup scoop!). Boil up the fat-free juice again, taste it for seasoning; maybe add a dollop of Kitchen Bouquet (for color), or a spoonful of Soy Sauce. Or to intensify the beef flavor you could stir in a spoon or two of meat extract (such as Bovril or B.V.). Now, while the juice is at a near boil, and you have about 3 cups of it; dissolve a slightly rounded Tbs. of Cornstarch in 3 Tbs. of cold water. Stir this into the slowly boiling juice; stir steadily until it "clears," and the juice

looks darkly rich as before. Strain this hot liquid through a hair strainer—or a corner of the dishtowel or other light cloth—into another pan. If any fat should rise—skim it off. This is your *AU JUS*, for the Roast Beef. It should be rich brown, and just slightly thicker than water, with no fat, and a rich meaty flavor.

And there you have your Roast Prime Ribs of Beef, *au Jus*—just like uptown—only better because you prepared it with your own little hands. Hmmm! With it are served either roast or baked potatoes, and at least one good vegetable. We recommend fresh asparagus or broccoli—either with Hollandaise Sauce (see "Vegetables," and "Sauces"). With all this we like to drink a full-bodied Burgundy, such as a Mountain Red, or a Pinot Noir from one of the great California wineries.

Another smart kitchen trick (they don't all have to be handled in the boudoir) comes after the Prime Rib has been eaten. Save those rib bones and any tiny scraps of trimmings from the roast (not fats); cover these with water in a pan and bring almost to a boil. Reduce heat and simmer for 2-3 hours. Do not boil the bones, as intense heat will release calcium from them and make the stock cloudy and unusable. If available, toss into this pot any parts of old onion, carrot, celery, tomato ends, garlic, etc. After simmering 3 or 4 hours, strain the liquid off, skim away any fat. Cool it—and put it away in glass jars in the 'fridge for future use. What is it? That's the 'stock' we've mentioned so often, (and in case you'd be interested, it's called *dashi* in Japanese) and has a slight odor of fish and seaweed there. Stock is always needed for gravies, soups, sauces and so on. After all, when you first purchased that piece of meat, the cost must have jolted you somewhat. So, you certainly want to get the last possible bit of goodness out of it, don't you? (What? The Roast, silly!)

## ROAST PORK

When the weather's nippy, there's nothing for reviving the spirit like a few HOT BUTTERED RUMS. In a mug or heavy old-fashioned glass, put a scant teaspoon of sugar, a whole clove, and an inch of zesty lemon rind; muddle this a little, then pour in ½ oz. of overproof (151 proof) Jamaica rum; 1½–2 oz. of Puerto Rican Rum (80-90 proof). Stir together, leaving spoon in cup; add nearly boiling water—(some Colonials use hot tea)—about 3 oz. Float a small pat of butter on top; set the mug, glass, or whatever, in a saucer: go and sit down comfortably, and Well! Two or three of these late at night can lead to anything!

Wonderful for dinner, in this same type weather, is a ROAST LEG OF FRESH PORK. Order from your butcher a couple of days ahead;



you want about 10-11 pounds, and tell him you want it 'boned, rolled and tied. He will remove the skin, take out the bones, and then tie it all up tightly in a nice rolled roast. This will be all meat, though he'll make you pay for the skin and bones too. (That's the way it goes . . . you don't always actually get all the meat you pay for.)

At Happy House we roast pork about the same as we do beef (see Prime Ribs); first we brown it well in a very hot oven and on all sides (about 40 minutes); then reduce heat to 325° and roast for 3 hours or slightly longer. Pork has to be cooked thoroughly, so it takes longer than beef. When we reduce the heat, we toss on a small handful of salt and pepper, and a small handful—2 or 3 Tbs.—of grated fresh ginger root (to be found in some produce markets, usually those operated by Orientals); for the last hour we toss in some chopped onion, garlic, celery, and at least a couple of chopped green apples—skin, core, and all. We also add 2 or 3 cups of stock or bouillon. The pork roast should be turned several times during cooking. When it is done—and a long fork or skewer jabbed into the middle won't 'run pink'—we take it out of the oven and set the meat aside on another pan to 'set'. Then we make the gravy; first bringing all the stuff in the pan to a slow boil, on top of the stove. We skim away almost all of the fat that rises, and sprinkle the surface of the juices with a little flour—about 2 Tbs. We let this absorb grease for a few minutes, then whip the lumps out. We strain all this into a saucepan, discarding the vegetables. The sauce—or gravy—can also set for a few minutes; any grease that rises is skimmed away. Taste for seasoning; add a Tablespoon or two of Soy or Worcestershire sauce, and taste. Pepper may be added if needed, and a Tbs. of MSG will accent the flavor. This should be a moderately thin-bodied gravy, rather light brown, and richly meaty in flavor.

With the roast pork we like plain, boiled, sweet potatoes; (no marshmallows, orange, syrup, molasses, maple syrup, or any of that goop—God forbid!) We boil the sweets in their washed skins; when tender—about 50 minutes we take 'em out and peel 'em, and that's the way we serve 'em with pork. A green vegetable and a good green salad with tomatoes and a tart dressing, seem to go well; apple sauce, or just plain stewed apples are usually on hand. We also like a spicy dish of bold pickled beets with this. All these things seem to accent nicely the richness of the pork.

## ROAST PICKLED PORK

Here is one that is not too well known; it is usually a little cheaper than fresh pork, and is very different in texture, color, and flavor. To prepare you'll need quite a large pot and a large roasting-pan; this may not be the entree for the bachelor boy (or girl . . . or whatever) to do

in his kitchen corner. Fresh pork hams or legs are pickled in a sweet brine; the butcher then calls them sweet-pickled pork legs, or—S.P. Hams. The meat is pinkish, but still has the fresh taste; we'd say they are about half way between fresh pork and ham. (We trust that clears that up!) The S.P. ham is not cooked as you buy it, so first it must be simmered for an hour or so. This means that it goes into a large pot and is covered with liquid. Plain water will do, with some onion, garlic, a bay leaf, a couple stalks of celery; but here is an opportunity to get some real flavorful meat. The S.P. ham can be simmered in cider or champagne for that matter; or in orange and/or pineapple juice, or even in wine. We have done them in Burgundy, and they were very tasty when finished.

The ham cooks on the stove at a good steady simmer—not a boil; an average size ham takes about 1½ hours for this part of the cooking; too fast cooking or too long cooking will make the meat fall all apart, so it must be watched. The ham is then carefully taken from the pot and is set aside to drain for about a half hour; then it goes into the roast pan, with the fat side up. Mustard, cloves, paprika, brown sugar are rubbed on, and the ham is baked in a 350°-375° oven for about 40 minutes, or just long enough to make a nice crisp glaze on it. A Port wine sauce is very good with this. (See Chapt. 9) The liquid left from boiling the ham, if it is mostly wine or fruit juice, may be strained, the fat taken off, and the liquid can be bottled and put away in the fridge for future use.

## BAKED HAM

Not too many years ago, you were offered—in the butcher's—either a 'cured' ham or one of those 'new-fangled tenderized' hams. The cured ham was literally that; it had been cured and smoked, etc., but still required cooking. It first had to be 'boiled' (actually simmered), then baked and glazed in the oven. Nowadays almost all commercially sold hams are tenderized or pre-cooked; and really only require heating through and glazing. Also, the old smoking and curing processes have gone into the discard too; now, ham is injected with chemicals, dipped in other chemicals, and the whole process can be done in a matter of hours in place of months it once took. The resultant product is certainly edible; it may be questioned as to whether it is as good as the 'old way.' Some 'cured' hams (not tenderized) are still available; best make sure when you buy a ham just what you've got. If it is tenderized—and perhaps this is best for our compact-kitchen chef—it will only be necessary to remove the heavy pigskin, leaving a nice even layer of white fat. This fat should be trimmed where it is thickest so that there is an even layer over all. The fat can be scored (cut in a cross strips), spread with



brown sugar, cloves, mustard, etc., and baked for an hour at about 350°, or until it is heated through. If, for the last half hour, the ham is basted with honey, and the heat raised a bit, your ham will have a handsome and flavorful glaze. Of course, you can get as artistic as all hell with this thing; it may be studded with cloves, or with pineapple or other fruits set into the fat and then glazed over, and so on. Ham has a nice thing going with oranges; glazed with marmalade instead of honey, and using the drippings (with the grease removed) for the base of a good orange sauce—makes for a jazzy meal.

Regardless of how your ham is decorated, it will need a good sauce to serve with it. There are many of these, including; raisin, cherry, wine, pineapple or other fruits, and so on. Many simple sauces for ham can be made by simply using a jam, or jelly, and diluting it with the juices from the pan, after the excess fat has been removed. A simple ORANGE SAUCE is made by mixing 2 cups of marmalade with  $\frac{1}{4}$  lb. of butter, heating them together in a double boiler. We take all the pan juices being sure the fat is skimmed away, and add them to this hot sauce. If the sauce is a little too thick, we thin with a very little white wine. The pan juices added to cranberry sauce (canned), and thinned with a little red wine—make a fine ham sauce.

To make the BAKED HAM even simpler these days, there are the canned hams. Some of these are very good—some are not so good; but these also come in small (handy!) sizes as well as large ones; the small ones heat quickly, are all edible and so are handy to have on hand. You can simply uncan them, put in a pan, put sugar, etc. on them, and heat them through quickly in the oven. The sauce is up to you.

## ROAST LEG OF LAMB

Lamb is a meat that is in disfavor with many Westerners. And of course, every Westerner has heard the stories about the lonely sheepherders; the inferences point to a sort of incestuous cannibalism in partaking of the succulent sheep. Of late years, however, more sophisticated Westerners have developed a taste for lamb. This all is a little ridiculous, as lamb has been the principal meat of a large part of the civilized world since man learned to cook. Lamb and mutton are still nearly the only meat eaten throughout the extensive Near East. No other meat is so easily digestible, none so full of its own savor. While mutton is much enjoyed in Great Britain, it is in France (alleged home of fine cuisine) that lamb comes into its own as the epitome of fine roasted meat. In America the young sheep is sold as lamb up to a year old, though young lamb on the Continent is used much younger than we care to slaughter. Also, with us a lamb over a year old is called a yearling; more properly, this is actually yearling mutton, but those sly

butchers call it yearling lamb, with the end result that considerable mutton is sold for lamb. In England, mutton is very popular just now as a table meat; in fact, it is most favored by the present Queen. (What's that, Sue Ellen? Yes, we agree, some of those Limey queens are real "meshugah!") Anyway, the best English mutton is fed on sweet grass, while most of ours is range-fed; this makes for a tougher and stronger meat.

An average sized leg of lamb, or even of yearling lamb will run about 5½-6½ lbs; it should have good even white fat; (the fat yellows as it grows older), and the bone will be small and brightly white with red at the center. (Always inspect the bone before buying we always say.) Have the butcher take out the H bone, remove the skin (called a "fell"), and trim off excess fat. Then he can either tie or skewer the roast, and the leg of lamb is oven ready. Many cooks make small slits in the meat with a sharp knife and stick in small pieces of garlic; some work in a few mint leaves in the same way.

The leg of lamb is roasted as we do other roasts, (the reader will have noted by now, a general over-all method in our madness) but the lamb will take considerably less time. It goes into a 400° oven for no more than 30 minutes, to be lightly browned on all sides; the heat is reduced to 325°, some coarsely chopped vegetables are added to the roast pan with a very little liquid, (stock, or cider, white wine or even plain water). It is best, of course, that the meat sits on a plate or on that small wire rack or trivet to just keep it out of the liquid; there should only be about half an inch of the liquid in the pan, or less.

The average 6 lb. roast of lamb will be cooked just right in another hour, (this is 1½ hours altogether); if the meat is young, this will cook it through with just a faint tinge of pink mostly at the center near the bone when carved. If the meat is older, a little more time may be advisable. In any case a total cooking time of 2 hrs. should be the maximum; more than that and the delicate lamb would dry out.

For the last hour, a good handful of chopped mint leaves can go into the juices of the roast pan; also a few oregano leaves. We make the lamb gravy as we did for other roasts (see Prime Ribs) being sure to skim away as much fat as possible before adding the flour. We use flour sparingly here, as lamb gravy should be rather thin-bodied, and as 'clear' as possible. A good dash of Kitchen Bouquet onto the surface of any roast while it is roasting, will greatly improve the color and appearance of the roast and of the gravy from it. As with other roasts, the leg of lamb should 'set' for at least 20 minutes before carving; this gives the cook a nice opportunity to make the gravy. Browned potatoes, fresh peas, sliced tomatoes with some chopped fresh basil sprinkled over them, and a very simple French dressing all go very well with the Roast Leg of Lamb. Often a savory stuffing is cooked separately,



and served with the meat. Actually this is more of an attempt to build up the portion on the plate, rather than a true roast accompaniment. (See Santa Fe Lamb).

**STUFFING** for lamb. This can be any savory stuffing or dressing; for lamb—which has a distinct flavor of its own, we favor one that is  $\frac{1}{2}$  cooked rice;  $\frac{1}{2}$  cooked Kasha;  $\frac{1}{2}$  lightly cooked vegetables. The rice is just-cooked and separate-grained; and the same for the Kasha (see Chapter 11 for more about Kasha); and the vegetables include, (for 1 cup each of rice and kasha) a little less than  $\frac{1}{2}$  c. of chopped onion,  $\frac{1}{2}$  c. of chopped celery; 2-3 chopped green onions; 1 or 2 large buds fresh garlic—minced;  $\frac{1}{2}$  of a medium green pepper-chopped;  $\frac{1}{2}$  of a green apple—chopped. These vegetables are lightly fried in a skillet with a little butter, to not-quite-soft; then they'll make a good cupful. They are mixed with the kasha and rice; salt; pepper; 1 tsp. MSG; 1 tsp. Baking Powder; a small egg beaten with 2 Tbs. undiluted canned milk; all this is worked lightly together, put into a greased casserole or small loaf pan. Covered with a heavy waxed paper or sheet of foil, it goes into the oven with the roast of lamb after the heat is reduced to 325°. For the last 30 minutes remove paper or foil to brown top of dressing. Serve dressing on hot service plate, cover with slices of the lamb, then gravy. This makes your small leg of lamb go further, and is exceptionally tasty.

#### SADDLE OF LAMB (or MUTTON)—Santa Fe Style

At a certain hotel in New Mexico, they must have Indian cooks; their roasts of lamb or mutton are flavored with the country—and are out-of-this-world delicious. We serve an adaption of one of these occasionally and guests scream for more! (Roast Lamb!) We buy a saddle of yearling lamb. This piece is about 10 inches long, weighs—before trimming—6 or 7 lbs. This saddle is the whole loin, including the chops, backbone, and some small bones at each side. Each side is still attached to the backbone at the center, forming a loose horseshoe, or collar. Incidentally, it is always much cheaper to buy a whole 'hind-quarter' of lamb at once. This will have the two legs and the saddle. The saddle can be split and each side cut into fine thick chops; we prefer to use it this way. Your butcher will (if properly coaxed and given time) 'bone out' the saddle by carefully taking out the backbone and the side bones, leaving only meat, connected at the top—or center—by skin and fat. The skirts of this (or flanks) at either side are cut to about 10 inches from the center, at each side. The thin skin of the lamb is removed from the outside of the meat; any excess fat is taken off. Laid flat, with the inside (meat) up, the stuffing is put evenly into the center to replace the bones; the flanks are brought up on each side to contain it, overlap-

ping at the top. The roll is then tied round with string about every inch. We use two small, thin rib chops also, tying these on at the ends so that the filling won't come out as the roll is roasted. We like to prepare this rolled and stuffed roast the day before, setting it in the icebox overnight.

To cook, we brown the roll lightly on all sides, taking about 20 minutes at 425° oven heat; then we reduce heat to 325° and roast about 1 hour, possibly a very little more, but hardly more than 1½ hour total roasting time. To serve, we remove the chops at each end—(we serve 'em, of course)—and slice the roll in 1 inch slices with a very sharp knife. We suggest that the strings be not removed 'til after the roast is sliced; this will hold in shape what is not cut at once.

This is a very delicious roast, and to make it even more so, we use a slightly modified stuffing. For this rolled roast of lamb New Mexican style (Santa Fe) we use  $\frac{1}{2}$  cup each of cooked rice and cooked kasha; add 1 cup of pine nuts (you buy these at most health food stores; get the skinned ones), a cup of mixed chopped and lightly cooked celery, onion, apple, and green pepper. Also, 1 egg, 2 Tbs. canned milk, salt and pepper, a tsp. of MSG. To this we add a few crumbled leaves of oregano. This stuffing is exceptionally delicious and savory; you'll like it, as well as the lamb.

A popular and often inexpensive lamb roast is a square shoulder; this is trimmed by your butcher, who will also cut a pocket in it. We use either of these fine lamb stuffings with this, and tie or skewer it together; then roast it. Mighty fine scoffing!

#### POT ROAST OF BEEF

This is always a happy favorite, is tasty, and not too expensive. Best to buy for the pot roast are shoulder clod or bottom round though some cooks prefer top-round. (Much more expensive!) This last is a chunky 'half-moon' shaped piece of beef, has no bone and very little fat. If the whole 'top' is purchased, ask the butcher to cut it in half, tying each side up into a roll of meat. Similarly, both the clod and the bottom round are usually too large; for the pot roast these are best halved and tied into two tight rolls. Bottom round is usually the least expensive of all these.

The rolls of meat are well browned in a roast pan in a very hot 450° oven. Then the roast is put into a large, heavy pot—a Dutch oven is ideal; the meat is amply covered with liquid. This may be stock, or canned bouillon, or water. A couple of quartered onions are tossed in, a few stalks of celery, several split buds of garlic, a carrot or two, and a bay leaf. During cooking a few old tomato ends, or even a small can of tomato sauce may be added or that reluctant-to-come-out last inch



in the bottom of the catsup bottle. The pot is brought to a slow boil, the heat then reduced so there is just a steady simmer, and the meat is cooked until fork tender. This may be 2 or 3 hours, depending on the meat. For the first half hour or so a scum will rise to the surface and should be skimmed away. Liquid should always be at least 2 inches over the meat; the extra gravy you will make will always be handy.

When the meat is tender, it is taken out of the liquid and set aside to keep warm. A little roux is made in a skillet, using about 3 Tbs. flour and a like amount of fat. This is stirred together in the pan over mad heat until rather dry. Then liquid from the pot is gradually worked in until a heavy paste is formed. This is all put through a strainer into the stew liquid with the vegetables is then cooked for about 10-15 minutes. Then the whole content is strained off into another pot, discarding the vegetables, etc. The gravy is let 'set' for a few minutes; if any fat rises it is skimmed away. If the gravy seems to be a bit pale, a dollop of Kitchen Bouquet or of Soy Sauce is stirred in to darken it. The gravy is tasted for seasoning; salt and pepper, maybe a tsp. of MSG, may be added. This gravy should be strongly meaty in flavor, smooth and rich. What is not used with the served pot roast, will keep nicely in the icebox for other uses; brown gravy is always handy to have on hand.

The pot roast is sliced; it is best served with the gravy and mashed potato or buttered noodles—a real home-style American dish. If desired, some red wine may be worked into the gravy liquid just before it is thickened; if the wine is to be used, it is suggested that the tomato be omitted. Very popular with some Old Country people, is a 'sweet-and-sour' gravy; this is easily done with about  $\frac{1}{2}$  cup of lemon juice and half a cup of brown sugar whipped into a couple quarts of the finished gravy. This does give an added piquancy to the served meat; or one can, with only a little more trouble, make a real German-style sauerbraten.

#### SAUERBRATEN

Briefly, the same meat is used as for pot roast (see above); and it is similarly tied in rolls. These are put into a deep crock or glass bowl—(anything non-metal)—or enamel vessel, and covered with a marinade, (several quarts of it), part of which will be red wine, some vinegar, salt, cracked pepper, coarsely-chopped onion, garlic, celery, etc. Some cooks toss in a small cloth bag of pickling spices, most add a few whole cloves and a cupful of brown sugar. The crock of meat and marinade is kept in a cool place, covered with a cloth, for 2 or 3 days, the meat being turned over and around twice each day.

To cook, the meat is first well drained, then it is browned in a skillet in a little fat,—and so to the big heavy pot. About half of the cooking liquid should be a strong beef stock, or canned consomme or

bouillon. All of the vegetables, etc., (not the pickling spices) of the marinade are added to the pot, with about half of the marinade liquid itself. (Put the rest of this sweet-pickling liquid in a tight-topped glass jar and put it away in the icebox for other uses.) The sauerbraten is then cooked just as is pot roast, though as the meat has been partly tenderized by its soaking in the wine, etc., it will be more tender and not take so long to cook. The gravy is thickened in the same way as we did for the pot roast; German cooks use only about half as much flour-fat thickener as suggested, and then crumble a dozen or so gingersnaps into the finished gravy, letting it simmer a few minutes, and whipping them into it. They also are very liable to add a few fat raisins to the gravy along with the cookies; sometimes a few gratings of lemon rind. Sauerbraten is classically served with *Kartoffel Pfannkuchen*, oder *Klosse*—(Potato Pancakes or dumplings) and with *Rote Kohl* (spiced red cabbage); it's dandy with mashed potato, or buttered noodles.

As this chapter is all about meat—(yes, dear, and you love it!) we're just gonna have to be a bit briefer from here on, because we've got a lot of meat to take care of yet!

#### CORNEB BEEF

This is one meat that almost everyone likes, and it is as good cold as it is hot; for a sandwich or a main dish meal. The trick is to buy only first-grade corned beef briskets to start with; cheap ones will usually be tough, stringy meat and that's the way they'll be when cooked. Be safe, buy good briskets, even if they do cost more. Plan (and buy), at least 1 lb. per person to be served.

We use our biggest pot for corned beef; put the meat in it and almost fill the pot with cold water. Toss in a couple of quartered onions, at least 6 large, peeled garlic buds, a few stalks of celery, a few peeled carrots, a bay leaf, at least a dozen whole cloves, a half cup of brown sugar, and turn on the fire. Bring to a slow boil; reduce heat to a good strong simmer, and cook 'til fork tender. Depending on size of meat—and its processing—this may take from 2 or 4 hours. The vegetables may be fished out of the liquid and cut up, later to be served with the meat; save 'em in a little of the stock until used. The briskets (or pieces of corned beef) are carefully taken out of the pot and are allowed to drain, then put aside in a slightly warm place until needed; they may be covered with a cloth wet in some of the pot liquid, if they are to be held any length of time. The rest of the pot liquor is strained of the spices, etc. These are discarded. Half of this liquor may be used to cook fresh cabbage cut in 8ths, and the other half is used to boil peeled potatoes. When the potatoes and cabbage are cooked, the beef is sliced with a sharp knife and arranged in the center of a large platter sur-



rounded by the carrots and celery. The potatoes and cabbage are best served in separate dishes, which are passed. Also, lots of fresh hot mustard, as well as thick slices of a good fresh rye bread seem to be in order. This meal is even more marvy with lots of iced beer.

**CORNEB BEEF HASH** — At Happy House, we use:

*4 cups coarsely chopped corneb beef (cooked)*  
*1 to 1½ cup chopped cooked potato*  
*½ cup chopped onion*  
*2 large buds garlic—minced*  
*¾ cup green pepper—chopped*  
*1 tsp. MSG*  
*salt*  
*coarse-ground Black Pepper*  
*1 egg*  
*3-4 tbs. frying fat or bacon grease*

\* Mix these items together; beat egg well, add it and mix thoroughly. May be baked in pan in 350° oven for 45 minutes or lightly pan-fried on stove in heavy skillet. If pan-fried, onions, garlic, peppers, should be lightly fried before adding to hash. When pan-frying, and a nice crust forms, the panful should be dexterously 'flipped' (this may take a little practice—but what the hell, the stove probably needed cleaning anyway) to crust the other side. Slide out onto a hot platter, garnish with tart pickled beets, and serve lots of catsup alongside. Or, the mixed hash may be formed into individual patties, and these fried. The meat need not necessarily be left-over corneb beef; good corneb beef comes in cans, but be sure you buy corneb beef and not prepared (it says!) corneb beef hash; this may be unseasoned and often largely potato.

Men adore real, genuine, honest to Gawd Corneb Beef Hash; let's make 'em happy.

## TONGUE

This is a fine meat, and like so many others is greatly over-looked in this country while very popular in almost every other land. Of course, any mention of tongue does sort of throw some persons into a tizzy; personally, we always think at once of that stalwart soul who dares to swish into the corner drugstore, (be it Schwab's in Hollywood or one of those mad Eastern Walgreen's) settles his largest (and possibly best!) feature on a stool, and looking the waitress (male or female) straight in the eye without blushing, orders: "a tongue sandwich, a fruit salad and don't forget the nuts!" Unfortunately, he'll

often then break down and go all gay as he adds with a slight lisp, "... and a STRONG cherry phosphate." Oh well, it takes all kinds, we always say. Where were we ...?

At the butchers, tongue may be purchased fresh or pickled; this last means that it has been processed much as corneb beef, and we think it is preferable to fresh. Cooking the pickled tongue is done almost exactly as is corneb beef (glance back a couple of recipes.) The tongue is put into a big pot of cold water; the same vegetables are added; same spices, etc. (See Corneb Beef.) In fact, if your pot is truly big a tongue could be easily cooked right along with the corneb beef brisket.

When the tongue is fork tender after 2-3 hours of slow boiling, it is taken out of the pot liquid (use a skimmer instead of a fork for this), plunged into cold water and immediately skinned. The rough-looking skin over the whole tongue will peel off readily; two small bones at the big end are removed and this end is trimmed of excess fat, etc. The tongue is now cooked and ready for many uses.

Slices of tongue may be heated in any gravy or rich sauce, or they may be simply heated in a little water, drained and served as is, usually with fresh, cooked, leaf spinach; cabbage; broccoli; or other green vegetable. Tongue is very tasty if the whole thing is heated again in the oven, and is basted for a little while (15-20 minutes) with a piquant sauce such as a wine or barbecue sauce. If you have some 'saved' sweet-and-sour gravy, or some sauce left from sauerbraten, these go very well with the cooked tongue.

Needless to add, sliced cold tongue is fine with other cold meats; is delicious in sandwiches; cut in jullienne strips it goes into many salads, and so on. Wrapped in a piece of foil and kept in a cool part of the icebox, tongue will keep almost indefinitely; it can also be frozen, but must be very carefully thawed afterwards, by simply sitting in a cool place and covered with a towel for several hours. If not completely thawed through, any heat applied may sour it. (Nothing's as sad as a sour tongue!)

## HEART

Beef, veal and even lamb hearts are inexpensive meats; these are usually stuffed with some savory filling, and are braised or slow-baked. More mundane cookbooks sometimes offer recipes for cooking heart; though frankly, not too many people eat this nutritive meat in this country. Everybody just wants steaks—when it comes to meat! (Well, not quite everybody.)

Another inexpensive meat, and one eaten as a delicacy in almost every other country, is TRIPE. Tripe is the stomach of a cow; at the



butcher's it has been steam-cleaned and lightly cooked. It is trimmed and ready for the long cooking it will require at home. Tripe is the best known dietetic source of calcium, and is heartily recommended by all doctors and dieticians and it's real tasty. More important, it's an inexpensive meat. The French can really coo over *tripes a la mode d'Caen*; Mexican gourmets (peons too) scream for *Menuda*, a standard Mexican home-styled tripe dish, almost always on the back of the stove in any real Mexican restaurant. Italians go to Rome only for *Trippa alla Roma*. Icelanders love it; Nehru says it's his favorite—and so on. Americans won't eat it. But it's good! There is one great drawback; tripe must be cooked long and slowly.

You cut the tripe into squares or into fingers or strips about  $\frac{1}{2}$ " by 3" long; and put them into plenty of cold water with a quartered onion, a couple of buds of garlic, a bay leaf, and (most important) a lemon cut in half. This keeps the meat white; do NOT add salt (at this time), this makes tripe discolor. The tripe is cooked at a very low boil for 4 to 6 hours, with the pot covered most of that time. When tender to a fork, the tripe is drained, and is ready to be made up into other dishes. It may be held for awhile in cold water. Combined with a good Spanish Sauce, it becomes a fine *Tripe Creole*, served with steamy rice; or the pieces of tripe may be quickly breaded and deep-fried, etc. Cold cooked tripe may be pickled with cucumbers or beets and served chilled as a delicious appetizer or salad. We hasten to add that the classic French and Mexican styles are not done in this manner. Anyway, tripe is really good eating—and it's good for you.

## BARBECUE

Here is another subject about which many, many books and articles have been written and published; we will only say that barbecuing is a fine, American (adapted) cooking process. At one time, we are told, real barbecuing was done over pits of slow fire, etc.; nowadays it all seems to be done with mirrors or something.

This reminds us, did any of you ever . . . er . . . "work" in one of those mirrored rooms? Mirrors on the ceilings, the walls, everywhere? Gawd! You feel surrounded. We know someone up in the Hollywood Hills who has a cabinet like that. Man! Even doing plain sewing, you ain't alone. Well! Where were we again . . . Oh, the Barbecue bit . . .

These days you don't need a pit of slow-burning and expensive hardwoods on which to barbecue. Ya' make a sauce (see any modern cookbook, magazine, even newspaper: they're lousy with barbecue sauces, and some of 'em really are!) All these sauces have a little commercial liquid smoke in them, and this does the trick; gives the stuff that "outsy, doorsy" flavor. While we're on this subject let us add that

many commercial bottled "liquid smokes" ( . . . and one is elegantly called a pyrolyganous acid ) are inferior—the flavor just cooks right out. Also many so-called "carbon briquets" (for outdoor fires) are made of crude waste oil products, and meats or stuff cooked over them will taste as if they have been dragged through the grease pit down at the corner service station. So, now you have been warned; get Wright's liquid Smoke, and burn only genuine hardwood charcoal, if cooking out.

Anyway, a generally usable BARBECUE SAUCE could contain (about):

1 pt. tomato puree  
1 c. red or white dry wine  
 $\frac{1}{2}$  c. cider vinegar  
a small handful (2 or 3 Tbs.)  
EACH:

salt, brown sugar, chili powder, MSG.,  
and half as much, EACH:  
mustard, paprika, cumin,  
garlic, powder, etc.

Soy sauce (use less salt) molasses, honey, and such things as grated ginger root, minced onion and garlic, coarse-ground black pepper; any or all of these, and regardless of what else included you'll need:

1 to 2 Tbs. Liquid Smoke.

It is not suggested that you use all these items in a Barbecue sauce—though you could; but, the puree is usually used as a base; we believe that wine and vinegar are good flavors and actually are meat tenderizers. Some cooks add a certain amount of cooking (or olive) oil to their mixes: sugar helps to brown the item cooked, and so on. If you don't have a favorite mixture for Barbecue Sauce, just ask almost anyone—they will have!

The barbecue can easily be prepared in the oven, and then it may be served "out of doors," where the cook-fire is nastily smoking up the neighbors but isn't really doing much cooking. And, while we're at it—most men like well-prepared Barbecued meats. Try some: BARBECUED PORK SPARERIBS. We won't attempt to list quantities here, other than to suggest that you'll need 1 lb. to  $1\frac{1}{2}$  lb. of trimmed ribs for each generous serving, and at least a quart of Barbecue Sauce for 4 servings.

The thawed-out (but not cut up) ribs are marinated in the sauce overnight or longer; taken out of the sauce, the ribs are put into a roast pan—or pans—in a single layer. These go into a 450° oven for 10 minutes on each side. The oven heat is reduced to 325°, and the ribs are slow-roasted (uncovered, of course) for about an hour. They are



turned and basted with the sauce frequently; a higher heat and failure to baste, will dry up the meat. (Nothing, but nothing is worse than dried-up meat, no matter how succulent the bone may be!) These ribs are served (now you cut 'em into 3-4 rib sections) with some of the sauce, and possibly a good dish of Mexican beans. Refritos are wonderful with ribs: so are plain baked yams with butter or some of the pan grease on them.

At Happy House, we like a sort of HAWAIIAN treatment. We cut up the spareribs before marinating, (using small ribs,) into 2 rib sections, then marinate these overnight. For sauce (marinade) we use puree, wine, vinegar, oil, soy sauce, dark molasses, pepper, grated fresh gingerroot, MSG, a small can of crushed pineapple. Cooking as above, we add at least half of the marinade to the roast pan after browning the ribs; then as they cook, more is added as we stir the ribs about. Turning each piece of the cut up ribs is not very practical, so



we just stir 'em up in the sauce, which does not quite cover them in the pan. After the ribs are nicely browned, and the meat on 'em is tender, we skim the ribs out of the pan and set them aside for a few minutes in a warm place. We pour all the sauce out of the roaster, adding it to the reserved marinade. We let all this sit for a few minutes (while we have a cold beer)—then carefully skim away all the fat that rises to the surface of the sauce. This heated sauce may be slightly thickened by bringing it to a near boil, and working in a teaspoon or so of cornstarch (don't overdo this cornstarch bit: a lightly rounded teaspoonful in 2 Tbs. of cold water will thicken a pint—2 cups—of any liquid, to gravy consistency. It may seem to take a minute to 'tighten up'—be patient, it will as the starch cooks. Just stir like mad

until it clears, and there you have it. Remember the dry cornstarch is dissolved in cold water before being added to the hot liquid to prevent lumping. Allow the thickened sauce to cook just long enough for the thickening to clear, then serve at once, 'cause dinner's ready!

We like these Hawaiian spareribs with pineapple rice, a good salad of greens, and some sort of fresh fruit compote for a dessert. Of course, this type meal is made much jazzier if someone is plunking at a guitar or a ukelele,—with everyone wearing a good coat of all-over tan, and a hibiscus bloom behind each ear, leis all over the place . . . and aloha to you, too.

## LIVER

Most people either like liver very much—or won't eat it at all. Doctors and dieticians recommend it highly, as it is full of vitamins and minerals, is almost pure protein, and has no fat. For some reason, many cooks do not cook liver properly, feeling that it is desired 'well done' or at least with no pinkishness at its center. Therefore, the liver is usually over-cooked. This is one meat that invariably toughens the more it is cooked. Experienced professional cooks know the trick of avoiding this and still serve liver that is cooked through, but is tender. Some cooks soak the sliced liver in milk or buttermilk for a few minutes before cooking, claiming that this 'does it'. Maybe it helps, but the knowing professional way is to lightly flour the liver; have a heavy pan hot and with a little very hot fat in it; put in the liver, cook 2-3 minutes on one side to brown. Turn the liver over and cover the pan at once. In 3-4 minutes more, the liver will be cooked through, with no pink showing, and it will be still tender. Why . . . ? Simple. The steam accumulating in the covered pan cooks through the meat, not just on the surfaces of it. Try it this way—and enjoy flavorful, tender liver.

Admittedly, liver is now quite expensive . . . you know those garrulous old types who "remember when the butcher gave it away free to customers for the cat." He would send it along with the delivery; many an old pussy has much to thank the butcherboy for.

Something that many home-shoppers don't know: while currently genuine calves' liver may cost 1.20 lb., and even supposedly 'baby beef' liver may cost .85 lb. or more, fresh pork liver will cost about .40 lb., and fresh lamb liver about .25 to .30 lb. Pork liver is sometimes strong (we think), but small lamb livers (the whole liver is about 1½ lbs) are wonderful and cannot be detected from fine calf liver. As with all livers, it must be skinned, and the tubes cut out. To easily skin any liver, just plunk it into a pan of very hot water or under the tap (if that water is really hot) for less than a minute; then the skin will peel off quite easily. Frankly, a great deal of the fine calves' liver sold in good restaurants is fine lamb liver.

It is said that Italians got spaghetti and other pastas from China; surely some traveler from the East brought back Venice's most popular dish *Fegato Venezia* or—Liver, Venetian style. If you're tired of ordinary fried or even boiled liver (and who isn't?), try this one from an ages-old recipe, adapted for moderns. First thing, put a pot of rice on the stove to cook. (See Chapt. 4.) Then, in a heavy skillet, put a little olive oil; when hot toss in some coarsely chopped green onion, a little chopped white or yellow onion, some minced garlic, a couple of stalks of celery and some green pepper, both coarsely chopped. A few



sliced fresh mushrooms will add much. Season these vegetables with a few crumbled leaves of basil, rosemary, oregano; cover the pan and cook for about 5 minutes. Pieces of fresh, trimmed liver—calf, beef, lamb (or snatch it from the neighbor's Tom cat, for all we care) in 1" cubes or pieces, are quickly seared (add a little more oil if needed) in the center of the pan, with the vegetables shoved to the sides. Season the meat pieces with salt and pepper; turn each piece of meat over. After a couple of minutes, pile the vegetables onto the meat; spoon some of the flaky-cooked rice into the sides of the pan. Pour 2-3 Tbs. Soy Sauce over the meat and vegetables. Cover again, and cook no more than 5 minutes longer. If you have one of those big heavy earthenware or pottery (fireproof) casseroles that will take stove heat and has a cover, this one dish meal may be cooked and served nicely in it. We like this with a rather dry Rose wine, and a plain Romaine lettuce salad with a light French dressing.

## STEWES

These are the old standbys, and almost any tyro has an idea that he, she (or whatever) can toss some meat and vegetables into a pot; boil 'em awhile, and have a tasty meal. And cheap, too. Well, friends, it just ain't that easy, and a good stew is seldom really inexpensive. Why, just plain ol' cut-up stewing beef costs .85 to .95 lb. When you add some celery, carrots, onions, garlic, seasonings, and stock, a good bowl of steaming stew for two, can take 3-4 hours to put together, and may cost \$2.50-\$3.50. So, what to do?

In the interests of economy, we suggest the best beef purchase for a stew, is the chuck roast (called seven-bone, five-bone, round-bone, etc.); these are often on sale for less than .50 lb., sometimes for less than .40. Get a 3-4 lb. roast with the least fat and bone. Carefully, with a small sharp knife, cut away most of the fat and any gristle; then cut around close to the bones, removing them from the meat. Save these bones for stock. With only lean, boneless beef left, cut it into large cubes (just over 1 inch square) Bone and excess fats should be less than 1/3 of purchased weight of roast. Sometime exceptionally meaty and lean shortribs or crossribs will be on sale; maybe your butcher has on hand a lot of real good meat he just doesn't know what to do with—so he has a sale. (It figures, but we trust this will give no one subversive ideas.) These can sometimes be found for less than .40 lb. Same preparation; trim away fats, carefully cut out bones; cut remaining meat into chunks. Simple . . . ? We sometimes don't want to buy two of the roasts mentioned; so we get one and a couple of added shortribs to make just the amount of stew meat we'll need. Besides, the extra bone is handy for a rich stock. It is suggested that all this 'home-but-

ering' be done at least a day in advance, and the stock can be started then also.

As we are saving all bones and gristle for this stock, let's get a lot of our preparation work done and peel some of our vegetables too. We peel the onions, garlic, carrots, saving the skins of all these. We trim up our celery stalks, adding the trim cut off the base and top to our stock vegetables. If we happen to have a few tired old tomato ends handy, we're very happy to add these to the bones and other vegetable trimmings. We cover all this with cold water, in a fairly large pot. We bring this to a boil; some scum will surface, and we skim it away. Then we reduce the heat and simmer for 3 to 5 hours. Add a little more water if necessary for the first 2 or 3 hours, and cover the pot, so that it will not evaporate so fast and will retain more of the flavor. When you become tired of all this nonsense, just turn off the fire and let it sit at the back of the stove; just reheat it when you get around to stewing your meat, the next day or whenever. Needless to say—but I will—you take the clear broth from the bones and vegetables—OR—you remove the b & v from the broth . . . and it's the broth you use. The bones and vegetables are discarded.

OLD FASHIONED STEW. There are basically two kinds of stew; an Old-fashioned, which has a white or near white liquid; and a Browned Stew, which (it says here) is brown. (That seems to clear that up, except to say that in these modern times, we understand that our modern homebody is apt to be easily confused. With some good meat on hand and ready—all these decisions to make as to whether they'd like it 'old-fashioned' or 'browned' may be just too much!) We'll also tell you that in culinary circles, the 'browned' stew is also called a French Stew!

Put stew to cooking on stove at least 4 hours before mealtime; cover the meat with cold water, bring it slowly to a boil, drain off into a colander, and wash meat under running cold water. Wash the pot, then put meat back in it covered with several inches of 'stock' (of any kind, may be beef, chicken, canned consommé or bouillon, etc., or even plain water if nothing else is at hand.) Add a few pieces of celery ends, a quartered onion or two (minced if you like); a couple of buds of garlic, also minced; a carrot or two, cut in half; a Bay Leaf. We do not salt or season the stew at this time. Bring again to a slow boil; reduce heat to a slow, steady simmer; cook approximately 3 hours or until meat is fork-tender. Skim away any fat or scum that rises during the first hour; keep liquid just over meat level. You will probably need more stock; have it warm and ready. While the stew is cooking you may cook the vegetables. Cut celery and peeled carrots into sections or slices. Cook each in a separate pot with water to barely cover. Use no salt, rather half a tspn. of sugar in each. Prepare a pack-



age of frozen peas in the same manner, also separately. Cook these 5 minutes in water to cover, no salt—use sugar. Drain each of these three vegetables as it is cooked to just tender, and hold 'til needed in cold water. (Notice the bright fresh color of the vegetables; this is caused by sugar and "no salt.")

When the meat is tender, heat 2-3 Tbs. butter in a small pot or pan; add 2-3 Tbs. flour; work together to make a paste (roux) over medium heat. Gradually work in about 2 cups of the liquid from the stew; add 1 Tbs. salt, 1 tsp. white pepper, 1 Tbs. MSG. Let this thickened liquid cook for a few minutes, while you fish bay leaf and chunks of celery and carrot from the pot of stew. Pour the thickener back into the slowly boiling stew, mix it in easily and thoroughly. The stew liquid when finished should be not quite as thick as ordinary gravy. Taste for seasoning and add more if needed. Drain cooked vegetables (those carrots, celery, and peas,) and add them to the stew; reduce heat to low; cook 30 minutes or so until serving time.

This is your completed OLD FASHIONED STEW; in the West—particularly in Nevada—it is often called Mulligan stew. (Of course, anything can happen in Nevada; it's those tight levis and hi-heeled boots. They even make a stew with heart, liver, kidneys, testicles, etc. all mixed in it; this is fancifully called Son-of-Bitch Stew. This is the Gospel truth, s'help us . . .)

You can figure about 1½ lb. of trimmed, boned meat for two generous portions of stew, though this can be stretched to three skimpy servings. To each portion, we suggest 2 stalks of celery, 2 carrots, ¼ cup of peas. A little pencil work here will tell you how much you will need, depending on how many are going to eat it.

Some people add potatoes to their stew; we like 'em separate; many like to make DUMPLINGS on this type of stew, and it's really simple. Any time after the stew has all been assembled, (with the cooked vegetables added to the cooked meat) you roll out a rich biscuit dough and just lop off 1" slices of it, putting these into the top of the stew. Cover the pot tightly, and do NOT take cover off for at least 18 minutes. Then, remove cover and take dumplings out of the stew with a slotted spoon or skimmer. A little of the stew juices can be spooned over the dumplings, or use some melted butter. Dish up the stew separately. Again a word on the dumplings: Bisquick, used by directions on package, is very handy; we add a very little chopped parsley, or other herbs, to the mixture.

OLD FASHIONED LAMB STEW — IRISH LAMB STEW. A fine lamb stew is made by this same method; we add a few dried oregano leaves to the cooking lamb meat. This stew may be thickened as we did the old-fashioned Beef Stew; or some cooks simply toss in about ¼ c. of barley for the last hour of cooking; this will thicken the stew

sufficiently. Many cooks add sections of cabbage along with the cooked vegetables, then cook stew just until these are done. This makes a (so-called) IRISH STEW.

We buy meaty breast of lamb or lamb neck or shoulder, for this inexpensive stew. Sitting down at the kitchen table we carefully remove the bone with a small, sharp knife. A little extra work, but well worth it, as 'cut lamb stew' can cost .80/lb. Incidentally, while we're at it, we always cook twice as much lamb as we'll need for stew; then, after the meat is cooked and before the vegetables are added, we take out half the cooked meat with enough of the pot liquid to cover it; put it away—after cooling—in the icebox in mason jars. Then, when we want to make a delicious lamb curry—a week later (see Chapt. 4), we've already got it half made! Clever, aren't we!

### BROWNEED BEEF STEW (FRENCH STEW)

This is, as you'll see, a different procedure, making an entirely different dish. (And, with all this browning and frenching — it's no wonder!)

The meat and vegetables are made ready; a little fat is put into a skillet and heated very hot. The pieces of meat are browned on all sides in this; if it is not possible to brown all the meat at once, do part at a time. As the pieces are browned, take them out of the fat with a skimmer or slotted spoon, transferring the meat to the 'stew pot' (a dutch oven is best). A bay leaf, chopped onion and plenty of minced garlic are added, with a couple of stalks of celery, a carrot or two. Meat and vegetables are covered—by a couple of inches—with a rich meat stock, or with canned bouillon, or bouillon and water; and the stew is simmered for 3-4 hours. The pot should be skimmed of scum and surface fat during the first hour of cooking. While the meat is stewing, the other vegetables that are to appear in the finished stew, can be prepared. Carrots are scraped and sliced; celery is sliced cross-wise and in ½ inch slices. These are cooked separately, each in its little pot; use no salt, but do use ¼ tsp. of sugar in each. Frozen peas are lightly cooked, also separately, also with a bit of sugar, no salt. None of these vegetables are overcooked, rather just to fork tender. A very nice addition to this stew is a small can of little white onions; drain early and pour liquid from can into the stew. For real elegance, a few fresh mushrooms are quartered, brought just to a boil in cold water, drained, then very lightly fried in a little butter in a skillet. The mushrooms, peas, canned onions are added to the completed stew half an hour before serving; the carrots and celery should be put in just after the gravy is thickened and seasoned, and this should be about an hour before mealtime.



Our gravy is thickened to taste just as we do almost all gravies with butter, (or fat) and flour to make a roux. However, for this browned beef stew, this fat-flour mixture is allowed to cook in its pan or pot until it becomes a little browned before the liquid is added to it. We find that a good dollop of soy sauce—or even a spoonful of Kitchen Bouquet, will add greatly to the color and appearance of the stew. One more thing—as the meat cooks after the first hour—it will be noticed that some of the liquid has cooked away; this is replaced by more of the liquid. During the last hour of this cooking, before the thickening, dry red wine (such as a Burgundy or Claret) may be substituted for added stock or for part of it. This will not add any 'alky kick' to the stew, but will offer a slightly different flavor and color.

We feel that nothing goes so well with a good Browned Stew as do lots of mashed potatoes, a tart simple green salad, and apple pie with cheese.

### BEEF BOURGUIGNON

This is a stew in a classic French tradition; is relatively easy to prepare, and very delicious.

4 oz. salt pork, in small dice	1 bay leaf
2 lb. lean stew beef—1½" cubes	small can whole white onions
1 medium onion—minced	1 lb. fresh mushrooms, quartered
2 large cloves garlic—minced	2-3 cups dry wine (Burgundy or Claret)
1 carrot, cut in 2 pieces	2 oz. brandy
1 stalk celery	
1 cup rich meat stock or bouillon (canned)	salt, pepper, MSG

\*Fry out diced pork in skillet; take cubes from fat, save aside. Brown meat in fat, transfer to stew pot. Add minced onion, garlic, carrot and celery pieces, bay leaf, mushrooms. Add wine, stock, liquor from canned onions; simmer 3-4 hours to tender. Remove bay leaf, carrot, celery, discard these. Thicken gravy in usual manner (see above stews); season as needed. Add small onions, pork dice, the mushrooms that have been fried in a little butter; reheat to very hot. Just before serving, stir in brandy, serve at once.

### GOULASH

... is a sort of a stew; Hungarians get blamed for 'em, and do make them from beef, veal, even pork. They are easy to make and are full of flavor. Most men like 'em.

2 oz. suet—or other fat	1 Tbs. coarse-ground black pepper
2 lb. lean meat—in 1½ in. cubes	salt to taste
5 or 6 medium onions—sliced or minced	1 Tbs. MSG
3 large cloves garlic—minced	3 pts. rich dark meat stock
3 heaped Tbs. Paprika	1 lb. sour cream
½ tsp. ground cumin	1 medium rutabaga—minced (opt.)
2 Tbs. flour	1 Tbs. caraway seeds (opt.)

Melt fat in heavy skillet, brown meat thoroughly; transfer meat to pot. Cook onions and garlic to soft in fat, add to meat. Stir into meat in pot: paprika, salt, pepper, cumin, flour. Mix all together over medium heat for 5 minutes. Add Caraway seeds if used. Add Stock, enough to cover meat by 2 inches. Some old country cooks grate in a rutabaga (yellow turnip). Simmer goulash 3-4 hours, 'til meat is tender. Skim away excess fat. Stew should not need thickening, though gravy will be rather heavy. Just before serving, stir in sour cream—OR—dish up goulash and put big spoonful of the cream on each portion. Goulash is marvey with hot buttered noodles, with plain spinach as a vegetable.

### LAMB OR VEAL FRICASSEE

Either of these two fine dishes are 'stews' of a sort; and are made by proceeding as for Old Fashioned Stew, keeping the meat as colorless as possible. When meat is cooked, almost all the liquid is drained off (and saved), and the vegetables that have been cooked with the meat for flavor, are removed. The strained liquid is used in equal proportion with warmed cream, (½ cream or ¾ strong stock from the meat) to make a bland cream sauce, using a butter-flour base. This cream sauce (or Fricassee Sauce) is strained back over the meat; prepared cooked, sliced vegetables, (carrots, celery, peas) may then be carefully stirred in as we do for stew. Seasoning is adjusted for taste; we recommend a large Tbs. of MSG, plus salt and white pepper. As the Fricassee is now loaded with flour, butter, and milk—all of which are prone to scorch—we do not cook the fricassee for very long after it is all mixed together. To reheat it—as with any creamed dish—we heat in the top of a double boiler, to be sure not to burn it. This—as you'll learn—can also be made of chicken, etc. Fricassee is real easy, very tasty. Like Mother always said: "Honest, dearie, it won't hurt a bit!"

Leftover stew may be put in a casserole with biscuit or pastry dough on top, and this makes a mad MEAT PIE. Have a lot of gravy in it. Or, cover the leftover stew in the casserole with leftover mashed potato,



then bake at 375° for 30-40 minutes, and you've got a real jazzy SHEP-HERD'S PIE. (Those sheepherders—they've got it made if some of the stories we hear are true!)

### SWISH STEAK

For this you buy commercial (B) beef from the round, or a piece of shoulder clod, or a bit of bottom round. However, keep this in mind: each steak should be at least 1 inch thick, if you buy a piece of clod or bottom round, which will be in a sort of roll; you must get about 6 inches for 4 steaks, and then you simply whack it into four slices. Besides the meat, you'll need:

4 steaks (for swishing)	1½ tsp. MSG
3 medium onions, sliced	4 Tbs. flour
3 pts. gravy—OR—part gravy, part rich stock	4 Tbs. fat (bacon if possible) (opt.) small can mushrooms 'stems & pieces'
6 buds garlic, minced	(opt.) small can Tomato sauce
1 tsp. coarse-ground Black pepper	(opt.) 1 Tbs. meat extract (V.V., Bovril, etc.)
1 tsp. salt	

Layeach steak flat; pound lightly with a meat tenderizer, (a sort of mallet-type thing with a big and peculiar shaped head), or give each steak a dozen or so whacks with the blunt back of a heavy knife, sort of criss-cross on either side. These blows should just cut surface of meat but not too deeply. Dredge each piece in the flour; heat fat in heavy skillet to very hot. Sear (brown . . . as if you didn't know . . .) meat on both sides in fat in skillet. Take meat out of skillet, put into roast pan (one with a cover). Toss sliced onions and garlic into fat in skillet, cover, cook 3-5 minutes; then dump it all into the roast pan on the steaks. Add salt and pepper, the MSG, the leftover flour, the mushrooms and tomato sauce if used. Pour stock and gravy or just gravy (any leftover, rich, brown gravy, except 'sweet-sour' or sauerbraten gravy), into the roaster over and around the meat. Cover and cook in 325° oven until tender. This may be 2 or 3 hours. For last half hour, take cover off roast pan, but gravy should still just cover the meat. When meat is real tender, carefully take the steaks out of the gravy and set aside on a platter or pan in a warm place. Why not the oven with the heat turned off? Scrape out all the sauce, etc. from the roast pan into a small sauce pot, getting every bit of it. Let this sit for awhile on the stove until all the fat—and there'll be quite a lot of it—rises to the top. Skim this away. The gravy, full of onion, mushrooms, etc. should be thick enough; taste for sea-

soning, and you're ready for chow down! Serve the Swish Steak with some of the sauce over each piece of the meat. This is wonderful with hot buttered noodles, or with mashed potatoes, etc. Men just love this one, though whether it's the 'swish' or the 'steak' would be hard to say. But—keep 'em happy . . .

And that seems to be all the space we can devote to 'Meat' and what do do with it. In some circumstances, it's fun to improvise. You're on your own—just do what comes naturally . . .





## CHAPTER EIGHT

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### *Chicken Queens, Chicken a la King, and our other Feathered Friends*

#### CHICKEN:

Broiled  
Oven-roasted  
Maryland  
Hawaiian  
a la Campana  
Marengo  
Provencale  
Cacciatore  
Normande  
Cantonese  
Paella ala Valenciana  
Wiener Backhun  
Paprika Chicken  
Smetane  
boiled Chicken  
Chicken broth  
Hot Chicken Sandwich, Mark Hopkins  
a la King  
Tetrazinni  
Caruso  
Chicken Fricassee  
Divan  
Grandma's Fried Chicken  
Chicken Gravy

#### TURKEY:

roast  
boiled  
turkey gravy  
Turkey Steaks and cutlets

#### DUCKS:

with Olives  
'a la Orange (Bigarade)  
'a la Montmorency

#### SMALL BIRDS: Squabs, Cornish, Etc.

roast  
stuffed, etc.

#### STUFFINGS (dressings):

basic stuffing  
Southern Cornbread stuffing  
wild rice stuffing, etc.

#### RABBIT:

fried  
in casserole (potted)  
Hare Pie

#### FROG LEGS:

saute  
Meuniere  
Amandine  
Figaro  
Provencale



## EIGHT

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No guide to cookery is complete without a fairly comprehensive chapter on poultry. In this we will keep in mind the limits of our gay cook's kitchen and bankroll. As a matter of fact, most poultry is among the least expensive of dishes today—if you consider both price and weight of meat, (and who doesn't!). A fair steak will cost at least \$1.50 at the butcher's; almost any style of half-chicken can be served for about fifty cents. And—as you all must know—chickens are (usually) adaptable to almost any procedure if you're one of those who goes for chicken.

First, a word about buying; get it at a reputable meat market or counter. If you want to be extra fussy—smell it! (An old Madame's trick, we are told!) Pass the poultry with any 'off' odor. Most important, do not buy frozen poultry! It may be kept in ice, but if it has been frozen you have already lost many of the oils and too much of the flavor of the bird. These just don't freeze. We prefer to buy "whole birds," (chicken, at any rate) and cut them to our needs. They are always cheaper this way. The average  $2\frac{1}{4}$  to  $2\frac{1}{2}$  lb. fryer is a fine chicken for two people; if we are to disjoint our chicken in service, we may buy a slightly larger bird—up to 3 lbs.



Then, we remove the neck, back, tail (in one long piece); the wing-tips and second joints, (poultry wings are in 3 sections: the tip, second joint, wing), and the knees' at the end of the drumstick. We separate the chicken into halves along the breastbone, saving the breastbone with our other trimmings. We usually then cut each half into 3 pieces: the breast with the wing attached, the thigh, and the drumstick.

### CHICKEN STOCK

Almost always we immediately put all the trimmings (the neck-back-tail, wing-tip-second joint, knees, giblets, breastbone, extra skin from the neck, extra fat from tail end) into water with some vegetable trimmings, and let them simmer to a rich chicken stock. If we have used a large chicken, we also cook the two thighs with this stock; when they are tender we take them out and cool them, then wrap them for freezing for future use. We also accumulate the fresh chicken livers and hearts in little bundles of heavy plastic wrap, and freeze these.

When enough livers have been saved, we thaw out all the little packets and make a nice Chicken Liver Omelet, or a tasty *a la Caruso* dish. When we have a dozen cooked thighs accumulated, we thaw out these nice meaty pieces and make a fine chicken curry, or a salad, or a chicken-and-noodle casserole, or whatever. In this way we figure to get three-and more good orders from a large chicken, and with only a little extra work. Statisticians have declared that: "... three good meals from one chicken, even in California, is nice goin'..."

Or, if we decide we'll have the very easiest kind of chicken, we'll buy the 2¼ to 2½ lb. fryers; we remove the neck-back-tail, wingtip and second joint, knees and breastbone, leaving two full halves. (The trimmings may go at once into water for stock, or may be saved in the freezer for future stock.) Our two trim halves may be broiled, fried or oven-roasted. One note at this point: we do NOT wash out chicken, either whole or in pieces. We do wipe it with a slightly damp cloth. If it should be slick, or sticky, or have any trace of an odor we don't want it. But wash it, or soak it in water... never!

### BROILED CHICKEN

... is the simplest possible preparation; we rub the halves lightly with oil, salt, pepper, lightly paprika them, (we also sprinkle on a little ground rosemary); put them into a large pie pan, and slip them under a pre-heated broiler for about 15 minutes on each side. We test to see if it is completely cooked by prodding to the bone at the meatiest part of the leg; no pink is oozing out if it's cooked. On a service plate we sometimes put the broiled half-chicken on a piece of buttered toast,

and then make sure to pour over the meat, all the fat and juice from the pie pan.

### OVEN ROASTED CHICKEN

... is a similar deal; you prepare the halves in the same way, and they go into a 425° oven for about 20 minutes on one side, 15 on the other. (Chicken roasted or broiled always has skin-side up to the heat first; then turn it over later.)

### MARYLAND

Next on our list of old standbys (in chicken preparations!) is probably famed Chicken a la Maryland. The whole half-chicken is served; it is floured, then 'dipped'—(the dip may be a beaten egg, with ½ cup of milk, ½ c. water, or may be plain buttermilk, etc.)—and floured again. Many cooks roll the chicken halves in seasoned crumbs rather than in the second flouring.

In some misguided Southern culinary circles, a batter is used; this often seems to result in an overcooked and inedible crust over rawish chicken. (Not all of those big Southern dishes are tasty!) The floured or breaded chicken is skillet-fried to a light brown, then is put into the 400° oven for 10-15 minutes. Some rich chicken-milk gravy is put onto a service plate, on this a piece of toast fried in butter, then the half chicken, and beside it is a crisp and light fresh corn fritter. That's proper Chicken a la Maryland.

### HAWAIIAN

At Happy House we like what we call Chicken Hawaiian. Disjoint pieces of chicken (usually a half) and lightly pan-fry the pieces. Finish in a 400° oven 'til cooked completely through. Meanwhile, we make some Saffron Rice (Chapt. 4) by frying pineapple slices in the fat left in the skillet. We de-segment a large ripe orange; we peel and slice a ripe avocado and do the same with a ripe banana. We grate a little fresh gingerroot, and get out some long shred coconut. And about five minutes before chow down we start putting the service plates together. The rice is mounded in the center with half a pineapple slice at each side, with the chicken piled in the center, on the rice. Then we garnish like mad with the sliced avocado, orange, banana, and sprinkling the mixed gingerroot and coconut over all. A little melted butter, heated in that same busy skillet, with just a little soy sauce added and with all the brown bits stirred loose from the pan is poured over the portions as a sauce. With a fresh green vegetable, such as fresh-cooked broccoli, on the plate, we slip it on the table and have at it. When we have



guests for Chicken Hawaiian, we go all gay and put a mad hibiscus blossom on the plate as well. With or without this daisy it's a helluva good dish, pretty fancy, but not too expensive.

#### 'a la CAMPANA

In Rome, this really means country style. This is a really simple but very elegant service, and is (we are told) featured at the fabulous Forum of the Twelve Caesars restaurant in New York. The half chicken is disjointed, leg, thigh, breast with wing. These pieces are lightly floured and sauteed in a butter and olive oil mixture. After lightly browning on all sides, the chicken is put into a 375°-400° oven for 10 minutes or so. Meanwhile an artichoke heart, precooked and cut into quarters, is sauteed in the pan fat, to which is added a small piece of fresh garlic. After a minute or so, a small handful of quartered fresh mushrooms and a chopped green onion, are added to the pan. The vegetables are tossed 'til they are cooked through, about 6-8 minutes. On the stove we have ready a small pot of risotto (Chapt. 4); a glop of this goes on the service plate, the chicken is piled on it and is lightly sprinkled with either vermouth or brandy (less than half a teaspoonful). The artichoke, onion, and mushrooms are piled around a very light sprinkle of grated Parmesan or Romano cheese goes over all. This is not only elegant in appearance and aroma—but it tastes good too. Try this one!

#### 'a la MARENGO

The story is often told among those who know the world's finest foods, of how Napoleon lost his kitchen wagon at the battle of Marengo, in Northern Italy. His enterprising orderly (who was buckin' for sergeant, no doubt!) foraged around in the area, and returned with a scrawny chicken, some ripe olives and some olive oil, a stalk of celery and a handful of mushrooms, some small white onions and a button of garlic. He also had liberated a fresh egg, a piece of truffle, and a part of a bottle Madeira. (He'd done pretty well). The chicken was quickly dressed and cut up, then lightly browned in the oil. The chopped celery, quartered mushrooms, the minced garlic, and the sliced truffle were added to the pan along with the small onions and the olives. A few leaves of a local herb (probably oregano) were also tossed in. A little of the wine was added to the skillet, which was then covered, and the whole thing was simmered 'till the chicken was tender. We do this last part in a 375° oven. Finally the contents were turned out onto a plate, with all of the pan sauces poured over the chicken then a little more oil was poured into the pan over very high heat. Little crusts of bread were fried in this, and these were pushed aside to fry

the egg in the center of the pan. The egg and the snippets of fried bread were used to garnish the Little Man's dinner as it was served. According to the story, in later years one of Napoleon's frequent request to his chef, was for that Chicken a la Marengo. And just so it may be prepared today, with the above jazzy tale told to the happy diner for extra seasoning. We suggest only that you forget the truffle—it's as expensive as hell and hard to find.

#### CHICKEN PROVENCALE

The very name *Provencale*—*Reine de la Midi* will bring to the traveled gourmet visions of the fabulous food of the South of France. There the cooking almost always seems to happily feature garlic, tomato, olives, anchovies, and lusty red wines. And Chicken *Provencale* is cooked—to order—in just that manner.

In this case, the chicken is sauteed in olive oil with a touch of garlic, and when it is half cooked is well doused with some full-bodied red wine (like a Mountain Burgundy of California). Cooked then to tender perfection, it is garnished with fresh tomato, ripe olives, a few savory anchovies. Hot and crusty rolls, a tartly dressed green salad, and a simple dessert of fruits and/or cheese—Man! Ya got something, there!

#### CHICKEN ALLA CACCIATORE

This seems to be an old standby of purportedly Italian restaurants. (In French restaurants it's called *a la Chasseur*; both names mean "Hunter Style," so take it from there.) The disjointed chicken pieces are lightly floured, then evenly browned in some hot olive oil. At the same time we fry—in another skillet or pan—a few pieces of cut celery, a couple of chopped green onions, a small bud of garlic—minced, a few squares of green pepper. As these begin to soften we add a couple of fresh mushrooms—quartered, and a very ripe tomato that has been peeled and cut up. These vegetables will soften easiest if the pan is covered; after a few minutes, about half a cup of any brown gravy (or some tomato sauce with a couple of bouillon cubes dissolved in it) is added to the vegetables. A little leftover winesauce or any other wine gravy with a little tomato added to it could be used. (In any case, let's get on with it, dearie . . . you can't keep on browning that chicken forever, y'know!) By this time the chicken should be evenly cooked, though not completely done, and we pour over it about an ounce of heavy sherry (or Madeira, Marsala, or even brandy). This will flame; when the flames die down, dump the vegetables and gravv over the chicken pieces; cover the pan and simmer slowly for another 15 minutes. By this time the chicken should be ready to serve; dish it up onto hot plates; a little chopped green onion over the top will look



real cool. We like this with plain rice, or even a nice risotto (Chapt. 4 & 10).

### NORMANDE

Say, You like apples? Well, there's a real mad way of doin' this chicken . . . (easy there, Mildred!) that seems to have the natives all drooly in Northern France. So, let's be mad, gay, French and different, and try some Chicken Normandy. (Who he?) First you must lay in some apple brandy and some cider, though not very much of each. With the extra apple brandy, try a Martini substituting the brandy for gin. About 4 parts to 1 part French Vermouth; squeeze a good piece of lemon peel over the poured drink—and all very cold. WOW!

Back to the tubs. In France they use Calvados, a famed (or notorious) bit of forked lightning made in Normandy. It can be had here, but not in every liquor store and is quite expensive; so we use a good brand of New Jersey Apple Brandy (or Applejack), figuring that by the time we pour it over our chicken it will be too fried to know the difference.

This is an extremely savory and succulent dish; properly prepared it'll make the dining guest drool. You'll need—(for 2)—a 2½ lb. frier, trimmed and cut into 8 serving pieces (2 wings, 2 breasts, 2 thighs, 2 legs); 4 skinless pork sausages; ½ medium onion, sliced very thin; 4 half-inch slices of green cooking apple (from the center of 2 apples); salt, pepper, MSG, flour; 2 oz. apple brandy; 1 cup apple cider; 1 cup heavy whipping cream. And you'll need a fair-sized heavy skillet with a cover. Ready?

Season the flour and dunk the chicken pieces in it. Slowly cook the sausages in the skillet over medium heat. Take out the sausages and set them aside. Flour the apple rings and fry them lightly, tossing in the onion rings with them. The apples should be lightly browned, but should not be more than half cooked. Take the apple and onion out of the pan; set aside. Add a little bacon fat—or other fat—to the pan, as needed, and brown the chicken pieces evenly and lightly. Take these out and set aside. Drain almost all of the remaining fat from the pan; lay in the sausages; top with the apples and onion; put the chicken pieces on top of these. Put the pan over brisk heat and pour in the brandy. This will flame (even if you have to light it!). As the flames die down, add the mixed cream and cider. Cover the pan and let simmer over low heat for 20-25 minutes. Or put it into the 375° oven for this last part of the cooking. This dish is really best if actually uncovered at the table; the aroma is heavenly and mouthwatering. This makes two generous portions of *Poulet Normande*. Lyonnaise potatoes seem to go well here, and a fresh green vegetable. Maybe Brussels Sprouts.

### CANTONESE CHICKEN

Actually this is not a very difficult preparation, though it may require a little practice to bring it off just right. (What doesn't,) The result is utterly delicious, and very different. As a principal cooking utensil (assuming you don't have a Chinese *wok*, (it's a type of skillet, silly!), is a large iron frying pan or chicken-fryer preferably one with a cover. Let's do an old-fashioned type recipe, with all the things listed first. For four servings you'll need:

1 cup (heaped) long grain raw rice	½ lb. fresh mushrooms
1 3-4 lb. frying chicken	4 Tbs. olive oil PLUS 4 Tbs. salad oil
4 buds garlic, peeled, minced	good pinch oregano leaves
1 medium sized ginger root, peeled (minced)	good pinch sweet basil leaves
1 cup chopped (medium) green onion, with some green	1 Tbs. flour
(opt.) small can water chestnuts, sliced	1 tsp. MSG
(opt.) small can bamboo shoots, quartered	1 Tbs. Soy Sauce
	¾ c. sake—OR—medium sherry
	salt—pepper to taste
	2 tsp. cornstarch

First thing—put the rice on: Wash rice thoroughly under cold water, rinse 10 times. Put into pot with heavyish bottom (rice will expand to 3-4 times), and a tight lid. Cover rice with 1¼ inch of cold water; dash in salt if you like. COVER TIGHTLY, put over medium heat about 5 minutes, then you'll hear it boiling. Reduce heat, shake, pot, BUT DON'T REMOVE LID! (The steam cooks the rice.) After another 5 minutes, reduce heat to lowest possible. In 20 minutes turn off heat; rice is cooked, but don't uncover it 'til actually serving it with the cooked chicken. (Wasn't that easy? Yet some good cooks have trouble cooking perfect rice . . . we don't know why!)

Take the tips and second joint from the chicken wings; remove neck-back-tail in one piece; take off knees; split chicken, removing breastbone. Now, disjoint the wings from the breast; the breasts from the thighs; the thighs from the legs. This gives us 8 pieces of serving chicken, and a pile of trimmings, which we set aside. Sit down, and with a small and very sharp knife, remove all the bones from each of these 8 pieces. At first it ain't easy, (like some other things you can do with chickens), but with a little practice it's a cinch. Add the bones you have taken out to the other trimmings; put these away in the freezer for a future chicken soup or broth. Cut the hunks of chicken meat into fairly large bite-sized pieces, say: each wing into 2 pieces, each breast into 6 pieces, each thigh into 4, and each leg into 3. Lay all these pieces out on a plate and sprinkle them with a little MSG,



then with a little seasoned flour; let these set out while you open cans, cut vegetables, have a beer (you deserve it!) and heat the oil in the pan. Chinese cooks use peanut oil; we prefer a little olive oil and salad oil. When this is quite hot, carefully lay in the pieces of chicken, toss the minced garlic and gingerroot over them. Turn all the pieces busily



'til each is nicely browned; take them out of the pan, put on a pie-pan (or some similar pan) and put them into a 350° oven, uncovered, to finish cooking. Add all the vegetables and herbs to the skillet at once, cover and let steam, shaking once or twice. These should be nicely done in 6-10 minutes, and they shouldn't be soft or mushy. Add the cornstarch to the cold *sake* (or sherry) work out the lumps, pour over cooked vegetables in the pan. Cook, stirring, for 5 more minutes. Add soy sauce, salt, pepper, as needed.

Now to serve: with a wooden spoon (always) dish up the cooked rice, (ya finally got that cover off! Nice and flaky, huh?) into a sort of ring on a real large platter. Pour all

the vegetables and their sauce into the center of the rice, and set all the chicken pieces (from the oven) around the rice. There you have it, so rush it to the table. We like a grapefruit-avocado-romaine salad with this, and a plain French dressing. No vegetable or potato is needed, but we do like a cold dry white wine such as a Traminer to go along with it. Real cold beer goes well, too. And for dessert, we serve a tasty pineapple sherbet with some good almond cookies (Chapt. 1). Coffee much later. Swell meal, they always say of Cantonese Chicken.

### PAELLA a la VALENCIANA

This is considered by gourmets, to be one of the world's greatest dishes. And it is truly handsome, served in an earthenware casserole, steaming and savory, and displaying the colors (red, green, yellow) of Spain. However, quite a few people have never tasted saffron, with which this dish is heavily flavored and they may not take to it. Besides, a good *Paella* is as expensive as all hell! Consider, chicken, lobster, shrimps, mussels, artichoke hearts, fresh peas, pimiento, rice, freshly grated cheese, and the saffron. That saffron is the world's most expensive spice or seasoning; currently it costs about \$75.00 per pound.

### WIENER BACKHUNE (Vienna Chicken) CHICKEN PAPRIKA

These two preparations are almost the same. As with most recipes, many people cook them with slight differences. So, here you have our version of the two: the half-chicken is lightly sauteed in a little oil-butter-baconfat (say a large Tbs. of each, mixed in the pan); this fat, as usual, is allowed to get quite hot before the floured chicken halves are put into it. At once they are sprinkled with salt, white pepper, and paprika. The halves are turned and seasoned 'til lightly browned and reddened on all sides. Then, they are taken from the fat and put into that much-used pie-pan, and slipped into a moderate (360°-375°) oven for about 15 minutes. Meantime, some very finely minced onion is cooked in the pan fat (this is sometime omitted); a very little flour is worked in. Then enough commercial sour cream (about 2 cups) is stirred into the pan over reduced heat, to make a fairly thick sauce. Do not let this come to a boil, as the cream will separate, but as it cooks it will naturally thicken. This sauce should be quite smooth, except for the bits of onion, and just slightly red or pink from the paprika. By this time the chicken halves are cooked through; sometimes the sauce is poured over the chicken halves on the service plate; sometimes it is put under the meat, and some odd souls serve it on the side. This sauce, or sour cream gravy is also called *Smetane* and sometimes chicken prepared this way is called *Chicken Smetane*.

Plain steamed rice is often served or buttered noodles. These last, well buttered and maybe with a touch of nutmeg stirred or tossed with them, seem to go well with most Hungarian dishes. However, we say what the hell's wrong with plain ol' French Fries? Out of a frozen package, they can heat up in another of those pie pans in the oven along with the chicken. Men guests (you should be so lucky) like 'em even better than rice or noodles.

### BOILED CHICKEN

There's certainly nothing wrong with a plain boiled chicken. (What dearie: I can say that again? Get You!) The entire trimmed half is usually served, or it may be easily cut into 2 pieces or 4 eating pieces (plus those trimmings) for each bird. And as long as we are boiling the thing, we might as well make some good chicken broth or stock as we go; so we also toss into the pot, all the trimmings that we removed from this chicken: the wing-tips and second joints, the neck-back-tail, the knees, breastbone and giblets. We will not boil the heart or liver, as these would make a cloudy broth, and these are better saved for other uses. If by chance we have some other trimmings, frozen from the week before, these will go into this potful, and we'll make a real strong, flavorful broth.



We cover all these pieces with cold water and slowly bring them just to a boil. Then we dump the whole thing into a colander; rinse all the pieces well under cold water; and also clean the pot. Again we put the chicken pieces (edibles and trimmings) into the pot, again we cover with cold water an extra inch or so. We toss in a couple of stalks of celery, a quartered onion, a carrot cut in two, and a small bay leaf. A bud of garlic does no harm, if you like it, and we like it! We simmer this pot until the heavy part of the chicken leg is fork tender, and then we remove the four edible pieces or the two halves, if we didn't cut them. We set these aside for dinner; and we may cook the broth in the pot for another hour to get all the good out of the trimmings and vegetables.

### CHICKEN BROTH

While the stock is still very hot, we pour it all through a colander or coarse sieve, saving all the liquids and fat in a pot, and putting all the vegetables and trimmings to one side. While still very hot, the liquid is put through a *fin* or 'hair' sieve; (we just pour it through a dishtowel draped over a strainer.) Anyway when that is done, the result is a pot of clear, unseasoned chicken broth, with a small amount of chicken fat on the top of it. To enhance the flavor of this broth, we add a rounded tsp. of MSG, a ½ tsp. salt, ⅓ tsp. sugar, and a good pinch of white pepper. If you are going to use this as a soup, or part of one, we suggest the broth be slightly thickened. We bring the seasoned broth to a near boil; in a separate bowl we put 1 level tsp. of cornstarch and mix it smooth with 4 Tbs. of cold water. We whip this into the boiling stock; in a few minutes it will come 'clear' again, and the stock will have a little body. Properly cooled, then stuck into the 'fridge, this soup will keep for some time. But, do not go too heavy with the Cornstarch; 1 level tsp. will do for 2 cups of stock. After all, we don't want to have to carve the soup.

Back at the 'one side' where we've stashed all that stuff we also had in the stock pot (excepting the big pieces of chicken), we fish the carrot and celery out of this; these can be sliced and used in a salad, or as vegetables with a meal, etc. On the wings, neck, back, and tail we find a little chicken meat that can be carefully picked off, including some skin. These bits may simply be chopped fine and added to your chicken soup, or they may be included in any dish where chopped or cut chicken is used, such as a curry, salad, a la King, etc. Of course these won't be many usable trimmings from a single chicken, but suppose that we had the accumulated trimmings from 3 or 4 chickens these bits would then add up to at least one 'no cost' portion of one entree. These chopped up bits are particularly good to make up

a quick CHICKEN SALAD, add some lettuce, hardcooked egg, green onion, and sandwich spread.

Now, what to do with the cooled cooked halves or quarters of boiled chicken. The best deal is to carefully remove the bones from them; this can be done fairly easily while the pieces are still warm, and by careful use of a small sharp knife, and a little practice. The bones are always in the same places! This boned cold chicken may be served as is or perhaps as an accompaniment to a sandwich or salad or soup. Like this, it makes a nice summer meal. Or, the chilled pieces are real handy to grab out of the icebox for a midnight snack. The boned chicken may be carefully sliced for sandwiches, or for other dishes, like TETRAZINI, etc. or it may be tastefully used for hot sandwiches, such as this popular 'open one.

### HOT CHICKEN SANDWICH, MARK HOPKINS

Put sliced fried ham on pieces of buttered toast; slices of chicken (warmed in a little stock, drained) on the ham. Then cover the pile with a very rich chicken-Mornay sauce (Chapts. 5-9) and maybe a little freshly grated cheese. Put it under the broiler for a minute or so; serve with crisp French Fries around the sandwich on the very hot platter. This is served a hundred times nightly, at the famed Hotel Mark Hopkins in San Francisco; is very attractive, very tasty.

Or the cold chicken, diced, maybe used in a fine salad, in a succulent Chicken Curry, or in a jazzy a la King. How's that . . . ?

### CHICKEN A LA KING

A rich, white cream sauce is made—(or open a can of the stuff)—and extra butter is worked in as well as some MSG. If some real rich chicken stock is on hand, this can go into the sauce with perhaps equal parts of cream, both warmed and worked into a butterflour roux, as



we have surely learned to do by now. A pinch of nutmeg will add to this sauce, and a dash of Sherry, too. (Not too much, there, Gertrude! Use half as much as that, and drink the rest!) Some half-inch dice of green pepper are blanched (brought

to a near boil from cold water with a pinch of sugar, no salt, cooked 3 minutes, drained, and they're blanched). Some canned whole pimiento



to is cut into similar dice. A small handful of fresh mushrooms is sliced or quartered and brought to a boil in water, then drained, and fried in a little butter. The boned chicken is cut into fairly large sized pieces, though any smaller scraps (like from trimmings) may be mixed in. The chicken, pepper, pimiento, and mushrooms are added to the sauce, mixing carefully so as not to break up the pieces. If this dish is not to be served at once, the container it is in should be set in hot water and kept warm. Reheating this type of rich, creamed dish over a bare flame often results in scorching. Serve the *a la King* over toast, or English Muffins, or in patty shells. It's also dandy on split pieces of hot cornbread, or what the hell! Just dump it in a bowl, and stick a spoon in it for that real rough trade!

For a TETRAZINNI, ya cook up some spaghetti (not too well done) or some noodles; drain the pasta and mix it up while very hot with some butter and freshly-grated cheese. You can toss in some sauteed mushrooms, and dump the whole thing into a buttered and heated casserole, or onto a deep fireproof platter. Spread sliced chicken (that has been warmed) over the top of the noodles or spaghetti; cover with a rich chicken gravy or a Chicken-Mornay sauce and put under the broiler, or into a very hot oven, for a few minutes. Serve right from the casserole or platter; a real simple dish, and a very good one.

#### *a la CARUSO*

Incidentally, while we're on dishes of this type, if you have a lot of fresh or frozen chicken livers, you can quickly saute these in a little butter-olive oil (with a touch of garlic, some chopped green onion, a dash of sherry or brandy). When the livers are cooked through, they are spread over a platter or casserole of cooked spaghetti, with mushrooms, butter and cheese mixed in. A rather thin but rich chicken gravy (or a gravy that is half chicken gravy and half brown sauce) is poured over the livers and pasta. This too is reheated a little under a broiler or in a very hot oven. On serving, more freshly-grated cheese is sprinkled on this standard order of '*a la Caruso*', who, they say, ate it that way! However, as with most typical Italian preparations, every cook (it seems) has his own 'original recipe.'

#### CHICKEN FRICASSEE

This is an old favorite dish, is quite easy to prepare, and it is possibly the least expensive meal you can put on the table. (Yes! We know! never mind about Mabel!). Quite often your market will have a sale on stewing hens or chicken, sometimes even as low as .15 lb. This is for you, girl! But, don't nod and accept that first scrawny bird

*le Butch* tosses out; as with anything edible in the chicken line, ya gotta give it a careful once-over. These tired old hens are big, should be fat, are often tough. (All that running to and from the rooster, makes 'em that way!) A bird from 3½ to 5 lb. is fine; but pick one with a chubby compact frame, (a rangy one will probably be the rooster—and he IS tough!), and with lots of globs of light yellow fat around neck and tail. If no fat—don't buy it! The chicken will (very probably) be cleaned, with the extra neck-piece, the giblets, heart, liver, wrapped separately and stuck inside. If they're not there—ask for 'em.

At home (we'll omit any campy bits about getting the chicken home, etc. We're busy here today . . .) wash the chicken under cold water (No May! Soap is not necessary). Set aside the giblets, heart, liver; freeze 'em 'til you need them for other uses.

You will need a large pot for stewing this chicken; best is a heavy enamel. Stainless steel can be okay, but watch aluminum and light tins as very often the reaction of the metal to long cooking will discolor the stock. To repeat: heavy enamel-ware is fine; and this is a real handy size to have on hand for all such needs; it is often called a preserving kettle, and has a lid.

Put the chicken and the extra neckpiece into the pot and just cover with cold water. Bring to a boil for 1 minute. Dump the whole thing into a colander set in the sink, and let this liquid drain away. Rinse chicken again under running water; this blanching will remove any dirt or blood clots that would dirty or darken the stock (broth) with long cooking. Also, wash out the pot.

Put the bird back in the pot, cover with cold water, and stick it on the fire. Toss in—for a 4 lb. hen—3 large carrots (peeled and halved), 4 stalks celery (halved), 2 medium large onions (peeled and quartered), and a large Bay Leaf.

Let pot come to a boil; reduce heat so that liquid just bubbles slowly. Early during the long, slow cooking, a little scum will rise to the surface; carefully skim it away. After first hour, skim no more, as most of this topping will then be rich chicken-fat (schmaltz). After an hour, a small handful of salt may be added; (optional) half as much sugar. Depending on age, etc., the hen may take 2 to 4 hours to cook to be tender; after 2 hours start testing the heavy part of the leg or thigh with a fork. If it's tender, the chicken is cooked.

Remove the cooked chicken from the stock and set it aside. Put remaining contents of the pot at once through a coarse sieve or colander, carefully saving all the liquid in another pot, and setting the vegetables aside. There should be about a quart and a half of rich yellow stock; put it into a clean pot—or wash that other one out again—and let stock come just to a boil. As it cooks, add a small handful of MSG (this is about 2 rounded Tablespoons), then taste for seasoning.



Add salt if needed, then a little white pepper or a very little Cayenne, or a couple dashes of Tabasco. As soon as the stock comes to a boil, strain it at once through a fine sieve. (Again, we just use a corner of the dishtowel, draped over the sieve, pressing liquid through cloth.) This into another clean pot or container. (At least this one needn't be as large as the big pot.) Let this stock or broth 'set' for 10 minutes and all the fat will rise to the top. Carefully skim this away and save every drop of it.

By now your chicken is cold enough to cut up; best to remove wing-tips and second joint (leaving the arm attached to breast); discard tip, set second joint aside. Chop off knees at end of legs (discard); cut out neck-backbone-tail in one long strip, pick any meat off this and off that extra neck-piece while we're at it, and set these little scraps aside. Split the chicken, removing the breastbone (discard). Cut each side in half, separating the thigh-and-leg from the breast-and-wing. Disjoint wing-arm from breast, set aside. Carefully remove bones from inside of breast, and the one along the front side of the breast (discard these bones.) Separate leg from thigh at joint; some cooks remove bone from leg—we usually do and then cut leg-meat in half lengthwise. Cut boneless thigh (all right, so take it out!) into 2 or 3 pieces each. Cut each boneless breast into 2-3 pieces. Some cooks remove skin of the chicken; we leave it on. So here we have a lot of cut-up cooked chicken, with bones only in the wing second joint and wing arm. We also have a small dish of rendered chicken fat, and about 6 c. of clear, rich yellow chicken stock or broth. Also we've got some cooked vegetables. Of these we slice up the carrots and celery, if they're not too soft. (What can you do when they're too soft?)

All this above can be done the night or day before, and the stuff can be put in the 'fridge 'til needed. The fricassee can be assembled in about an hour (or less) when you get around to it. Let's put our dinner together: heat a large pot of water; add a small handful of salt, a few drops of yellow color (egg shade). When this comes to a boil, toss in the noodles. Best to use medium noodles, and a good big handful for each portion to be served. The noodles will cook to tender in a little less than 20 minutes at which time, shut off heat under pot, and let noodles just sit there (in the water) 'til you need them (though no longer than 30 minutes).

Meanwhile, put stock in pot, heat to just hot. Add enough melted butter or even good salad oil, to the chicken fat to make about  $\frac{3}{4}$  cup. Put on to warm a cup or a cup-and-a-half of rich milk. In a small pan, put the cut-up chicken, with just enough of the hot stock to barely cover it; let this heat through. And in still another small pot or pan, melt (just 'melt'; don't cook) a half pound of butter or good oleo.

Now, in a big, clean (and heavy-bottomed!) pot or pan, melt the

chicken fat with the added oleo or butter. (Not that last  $\frac{1}{4}$  lb. That's for the noodles). Stir in the flour (about  $\frac{3}{4}$  cup) and stir together over low heat. Do not let this brown; but add a little salt, a little white pepper, a very little MSG. Stir this all into a sort of dryish, crumbly paste (or roux); gradually slip in some of the hot stock, working the lumps out. Then whip in the light cream or milk and most of the rest of the stock. Keep stirring; do not let the sauce boil, but it should cook enough to 'convert' the flour. A couple of drops of yellow color (egg-shade) will make it look extra rich. Sauce should be medium-thick, no lumps, smooth and glossy, and tasting richly of chicken. A pinch of nutmeg can be added. If sauce seems to thicken too much, work in a little more of the stock or even some hot water. (You could pour some off the pieces of meat.) If the sauce is stubborn and there are lumps, put it quickly through a strainer. This is your rich fricassee sauce.

Put drained noodles either on a large platter or in a big bowl, or on individual plates. Pour that melted butter over them. Spread cut-up chicken over noodles, and spoon the rich sauce over all. The cut-up vegetables may go over the chicken and noodles, or may not be used at all. Many cooks prepare, separately, fresh or frozen green peas; drain them and strew them over the sauced fricassee.

This Chicken Fricassee is a delicious 'home-style' dish; it can feed 4 for less than a dollar. These days that's good. Note: A really "wise" cook will get a "friend" in to do all those pots and pans and whatever else may come up.

## CHICKEN DIVAN

In gourmet circles, probably the most famed chicken dish of the past few decades is Chicken Divan, as originated and prepared at the Restaurant Divan in New York City. A buttered toast round is put into a shirring dish (a round, flattish casserole); on this goes a piece of grilled ham, and on the ham several heads and stalks of fresh-cooked broccoli. A boneless, flattened breast of chicken, (this is called a supreme) is lightly sauteed in butter-oil; cooking is probably finished in the oven. The supreme of chicken goes on top of the broccoli; the whole is covered with a rich sauce, probably a *mousseline* which is sort of a cross between a Hollandaise and a Mornay, with added whipped cream (Chapt. 9). Then follows the usual brief bit under the broiler; a couple of slices of prepared truffle are stuck in the top. A bell glass (a rounded glass lid or cover) is put over the whole thing; and again it goes into the oven for a few minutes, and finally it is served. In New York: \$7.50 a portion; actual cost: about 75 cents, though a great deal of knowledge and skill go into conceiving and preparing an entree of this sort. But,



what the hell, Daphne! Those fancy dishes in New York are always expensive. I recall one evening along the Drive . . . but that's for another book.

### GRANDMA'S FRIED CHICKEN

After removing the wing tip, knees, neck-back-tail, the chicken is split and the breastbone is removed. Then each half is cut into four pieces: wing, breast, thigh, leg. Now, we wipe the pieces (remember—don't wash). We dunk the pieces into some seasoned flour, into some buttermilk, again into the flour, and then fry 'em. We use any good shortening, or oil, or even lard; heating it in a heavy skillet or pan to not-quite-smoking. Turn the oven on at this point to about 360°-375°. Fry the pieces in the pan, turning constantly, and it isn't necessary to do them all at once. When we've got all the pieces lightly fried, we pile 'em onto a large pan and put them into the oven for 5-20 minutes. Test for doneness by poking that fork into the thick part of the leg; if it oozes pink, give them another 5 minutes. Then your (American) Fried Chicken is ready—dish it up!

### CHICKEN GRAVY

While all this oven bit goes on, you can make some delicious chicken gravy, if you like. Drain off most of the fat in the pan, leaving a little with all the bits and crumbs of burned flour and chicken, etc. Add about a Tbs. or more of flour; work it around with a fork to clean the pan. Pour in about a cup and a half of warmed milk, (we add enough light cream to the buttermilk left over to make this amount). Stir with the fork to make a smooth gravy, over medium low heat. Season with a pinch of black pepper, a little salt, and at least a level tsp. of MSG. Lots of people like this country-style chicken gravy with their fried chicken. Some of our friends even say, "Why bother with the whole bit, if you don't get some of that sweet, creamy gravy?" Hmmm!

The foregoing pages certainly seem to cover many aspects of a standard chicken cookery; almost all can be done in a small kitchen, with a minimum of equipment, time, and expense. Of course, there are other fine things to do with chicken, but you confirmed chicken queens will just have to play it by ear if you want other variations on the theme. Good hunting!

### TURKEY

Mere mention of the holiday bird is apt to bring mouthwatering pictures to mind. A well done turkey always looks delish, and probably

is, but it sure as hell ain't very practical for the person with a small kitchen, a small icebox, a small stove, small etc. Most compact apartments are simply not built for the 20 lb. turkey, so let's just forget it. Nevertheless, we won't completely scratch ROAST TURKEY: you want the bird, you can have it! There are, these days, some small-bred turkeys available which could be ideal. These run from 5 to 10 lbs. Just be sure, however, that you don't get a small, big-boned type which would be over 50% bone. You can only try; anyway, you get this gump, and—well, hell—you just roast it.

First, we are assuming that this turkey is not—nor has been—frozen. It may be cold, but please—not that cold. As we start to operate, the bird is naturally all thawed out, (Y'see, we don't hold with any frozen poultry; but if that's what you've got, thaw it naturally, don't soak it. Just let it sit out at room temperature for a few hours or overnight. Cover it with a light cloth, maybe . . . and wait patiently.

Coming face-to-face with your bird, you must first take out whatever may be in it. Though (it is assumed) you have bought a "dressed" turkey that is oven ready, you'll find that those mad turkey people have tucked the neck, giblets, liver, heart (maybe even a few tail-feathers) back into certain cavities. Well, take 'em out and set them aside; cut off the wing tip and the second joint (leaving the wing-arm attached to the bird). Make a stock (see Chicken Broth) of all these trimmings, with some vegetable odds and ends.

Grease the bird—(yes that's what I said)—just oil it up with some oil or shortening, or old bacon grease, or whatever. (What? NO, you fool, not that!) Slip maybe a couple of pieces of celery, a carrot cut in half, a quartered onion and a bit of crushed rosemary leaf, inside the turkey. You can even shake in a little salt and pepper. Invert a plate in the bottom of your roast pan . . . (What now? Oh, well, any pan the bird will fit into. Yes, you can use a rack or a trivet, or a small radiator grill for all I care!) Set your "turkeyette" on this plate, breast side up. Have the oven at 300°, shove the thing in and forget it for an hour. Then turn it over and baste it with a little grease, or beer, or sherry, and forget it for another hour.

(My Gawd! What now? No, you don't need to cover, if you are cooking at this very low heat, and for lots of reasons we recommend this temperature.) Turn the bird over once more, with the breast again up; it should by now be browning up nicely. A fork into that thick part of the leg will let you know if it has cooked through. If you like the oven a little hotter—say to 375°—for another 15-20 minutes, it will give a little more rich brown to the turkey. Your small bird—up to about 8-10 lbs.—should roast through in 2½ hours or slightly less, at 300°. In any case, you simply keep on roasting until the forked leg no longer runs pink. If this prolonged roasting is required, be sure to keep basting



the rest of the turkey with pan juices, to keep it all moist. And there you have it.

Oh, now you want TURKEY GRAVY also. Okay, but let's do it the easy way; first let's have a can of brown gravy (probably beef) on hand. You will find that you may have between one and 2 cups of grease and juices in the roast pan after removing the turkey and the plate. Strain off a little more than a cup of that turkey stock that's been simmering, add 2 chicken bouillon cubes to it—OR—1 rounded Tbs. of MSG. Add the can of gravy (a scant 2 cups) to this stock. Let it simmer. Chop the boiled gizzard and liver quite fine, set them aside. Put the roast pan on a top burner; if there is a considerable excess of fat, pour or skim some away; add a couple of Tbs. of flour to the pan. Stir with a whip, incorporating all the juices and pan bits. Add a little salt and pepper; then work in the stock and gravy, gradually. Let this cook slowly for about 10 minutes; strain it all off into a pot; let set a few minutes, then remove fat from the top. If the gravy is too thick, thin it with a little stock, or even with a little Sherry. Add about a half cup of cranberry jelly (or other tart red jelly) to the sauce; then stir in the chopped giblets. Now you had better have it in the top of a double boiler, where you can keep it hot until you serve dinner. You have a very fine Turkey GIBLET GRAVY. Also, by now, the turkey itself will have rested long enough to be ready to carve. (Way back there somewhere we learned that any roast should set for as much as 30 minutes, before cutting. If you cut it the instant the roast comes out of the oven, all the juices and most of the flavor will run out where you have hacked into it. Aside from this, the rest allows the meat to firm up and it is easier and better to cut up or carve. Y'see, there's reasons for all these mad but trifling details.) So, we've got a nicely roasted small turkey. Let's carve it!

We do hope that as you planned this meal, you didn't make the common mistake of assuming that you could feed just dozens of people from that small gump. Well, perhaps you'd better figure on this just a bit. These small birds—the ones that are bred to be this size—are anywhere from 2/5 to 3/5 bone and structure. This means that out of that cute little 5 lb. "thing" you may get 2 to 3 lbs. of edible meat, and about half of this will be breast. So, this means 3 fairly generous dinners, possibly 4 skimpy ones. Take all this into mind as you purchase the critter. Of course, as turkeys get big, the percentage of bone and stuff is less; but we aren't talking about any 25 lb. vulture in this essay. It all boils down to this: if you decide you want to feed 6—get a small-bred of not less than 10 lbs. About 6-7 lbs. will be meat, but some of that not the choicest. If you should get a 10 lb. large bred turkey then your percentage of meat would be about 4 lbs. and that wouldn't just do it for 6.

There's another angle—these days you can buy "turkey parts" in most markets; sometimes a half-turkey is a very suitable buy or even a single large breast and a large thigh (these are the meatiest parts, and that's for us, anytime.) Just roast these pieces, basting constantly; when the thickest parts don't 'ooze' and the surface is nicely browned, your turkey is cooked. It's as easy as that to serve roast turkey.

### BOILED TURKEY

Left-over turkey can always be used, just as is cold chicken, in *a la King*, salad, hash, curry, soup, sandwiches, etc. And in nearly final word, pieces of raw turkey may be simmered to just tender (see Boiled Chicken) with pretty much the same result; and this method will also give you a nice pot of turkey (soup) stock. Drained, carved, (this means sliced) and with a turkey gravy of sorts over it, it's pretty nearly the same as turkey roasted the long and hard way. Besides, maybe you don't even have an oven so you simmer it over a hotplate!

### TURKEY STEAKS OR CUTLETS

One more fine recipe idea, and we'll stop talking turkey. In fact, we consider this one of our very best recipes—for anything—and hope that many try it. Buy a raw, large, breast of turkey, with no bone. Slice it across the grain into steaks or cutlets. These may be from 1/4 to 3/4 inches thick. Dip each piece (carefully) into seasoned flour (we do not suggest breading), and fry them in oil-butter or oil-bacon-fat, 'til they are cooked through and tender. The steaks will probably cut more easily if the whole breast is partially frozen; but be sure that they are completely thawed out before frying. Frankly, this can be turkey at its very best, and simplest. Served with a very cold cranberry sauce or jelly or other tart jelly, this is just wonderful. Why, we wonder, didn't someone think of this sooner? Or did they?

### DUCKS

Well ladies, ducks make for some very fancy eating, but they and/or their preparations are seldom inexpensive. Like so many nice things you'd like to do, it'll cost ya!

Besides, there are some wildly differing schools of thought about cooking ducks. Some chefs say that they should be cooked rare; and others favor well done. Of course, this little misconception is easily done away with. There are wild ducks or game birds, and there are tame or commercially-raised ducks that all (supposedly) come from Long Island. Suffice to say that the two types are very different, and you don't cook 'em the same way. We like our game birds on the rare



side (and they certainly are, here of late). Birds from the market we like well cooked so that the excess fats will cook out. As these last are the most readily obtainable, that's the kind we'll gas about in a brief few paragraphs.

We roast an average 5-6 lb. duck for at least an hour, at 325°, turning it several times. We put a little rosemary in each, also a half onion, a piece of celery, a bay leaf, maybe even an old tired apple. After a full hour (and the duck is not yet completely cooked) we consider how we'll 'fancy it up'. There are dozens of standard and erotic preparations for these tasty birds; we favor three and this is how we do these:

### DUCK WITH OLIVES

We coarsely chop a ½ lb. of bacon; cook it lightly over low heat in a skillet to 'try out' as much fat as possible without unduly crisping the bacon bits. We strain off this fat (sure we save it; bacon fat is nearly the best thing there is to fry stuff in!) and we set the bacon bits aside. We cut up 1 cup celery, 1 cup green onions, 1 or 2 small garlic buds, ½ lb. fresh mushrooms, 2 cups green olives (preferably not stuffed, but these could be used), and 1 cup pitted ripe olives.

Our duck has roasted an hour and is a nice light brown all over; we take it out of the roast pan and set it in another pan, pouring a cup of sherry or vermouth over it, and return it to the oven which we have batted down to 175°-200°. We dump the olives and vegetables, into the first roast pan with all the juices and fats from roasting the bird, and put this pan over medium heat on top of the stove. We let this simmer, covered, until the vegetables are tender, about 15-20 minutes. Scrape the pan, and rinse it out with another cup of sherry through a strainer. The liquid goes into a saucepan and the goodies are set to one side. As soon as a considerable amount of fat has risen to the surface of the liquid, we carefully ladle it off. When there is no further fat on the surface of the juice, we return the vegetables and olives to the sauce, with the bits of bacon. For some weird reason we always throw in a couple of washed and chopped anchovies at this point.

We take the duck out of the oven, adding the juice of that pan to our sauce. After letting the bird 'set' for about 20 minutes, we carve it as required. We serve the pieces of meat on service plates, spooning the olives, vegetable, bacon, and sauce over the meat. Tasty!

### DUCK *a la* ORANGE-DUCK BIGARADE

This is a real cutey! We will not even attempt to outline the very complicated proper preparation for the sauce and garnish, instead we'll tell just how we do it at Happy House. First we roast a duck as above, adding a halved orange to the innards and omitting the bay leaf. While

roasting we baste occasionally with fresh-squeezed orange juice; in all, we'll need about a quart of this stuff; and we'll use about ⅓ of it in this basting. As the Duck roasts, we filet a couple of meaty fresh oranges. This means that we peel 'em, then remove all the white pith. (What? Who's lisping?) Then, we cut out the segments of meat leaving the dividing tissues. In a small saucepan we bring a half-cup of our remaining juice to a boil, then whip into it 1 cup sugar. We boil 'til this dissolves, making a light syrup. Reducing the heat, we put the raw orange segments into this syrup and let them cook over very low heat for about 30 minutes.

When our duck has roasted an hour—or just a little more—and is all evenly browned and tested (the fork!) almost done, we take it from the roast pan and set it in another pan, removing all the vegetables and stuff we put inside. (These we discard.) We drain all the juices, fat, and scrapings from the roastpan, into a saucepan. Again we let the fat rise to the surface and carefully skim it off. (This will leave a very little residue; don't be surprised.) To this we add what's left of our orange juice, the syrup drained from the orange segments, which we've skimmed out and set aside on a plate; and a heaping cup of orange marmalade (yeah, that jelly stuff.) We add a good pinch of mustard, and let this sauce slowly heat. We return the duck to the roastpan, pour a cupful of brandy over it, and light it. This can be done on the top of the stove, or even under the broiler. We turn the duck around in the flames, basting it, with them until they die down. (This operation seems maybe just too much; but it very definitely adds a lot to the flavor and cooks the skin to a nice crispness.) The duck is set aside in a warm place, for 15 or 20 minutes after pouring the residue of fat and brandy from the pan into the sauce. Then the whole duck is carved into portions (4 or 5 generous ones) and the sauce is poured over the servings. The meat is finally garnished with the candied orange segments. Duck *Bigarade* or Duck *a la Orange* is a real tasty, real pretty, too!

### DUCK *a la* MONTMORENCY

Our other specialty (for ducks, dearie, and stop that tittering back there) is the Happy House version of Duck *a la Montmorency*. Where do they get those names? Well, if you're really interested, the Montmorencys were a long line of French Dukes, dating from 11th or 12th century. Part of the northeastern suburbs of Paris were Montmorency land and chateau. Probably most notable of the dukes was one who was a marshal of France, and constable of France about the year 1500. As a matter of fact, the next four or five dukes in the line were also marshal and constable of France. They were great soldiers who lived hard and died young. The first great marshal (mentioned) was named



'Anne' and he was an extremely vigorous and sensual man. He loved cherries; seemingly, so did the rest of Montmorency clan. Most of them died violent deaths, but certainly seemed to have lived it up while it lasted. (Then, there were the cherries . . .) Anyway, history notwithstanding, *Duck a la Montmorency* is something like a duck with cherries Jubilee. Oh hell, Maude, let's have it all.

First you roast your duck (see above); then set it in a clean pan in a 175° oven. Drain the excess fat off the pan juices; set the roaster, (the pan you roasted the bird in) on a top burner over medium low heat. Put in a medium sized can (about 2½ cups) of pitted black cherries, with their juice. Add a good cupful or even a little more of tart red jelly (plum, red currant, etc.) When all this melts together, add about 1½ level Tbs. of cornstarch dissolved in 4 Tbs. of cold water. Whip this into the near-boiling sauce, bring to boil; when it clears, add few drops of deep-red color and a dash of soy sauce. Turn off heat, let sauce set for a few minutes; skim all fat from surface; add 2 jiggers (2 oz.) of high-proof (90 or 100) brandy. Serve this sauce with the cherries in it over the carved portions of the duck. Easy?

Except to mention a wonderful Mexican duck dish called *Pato con Mole* (for which we advise you to apply to a genuine Mexican restaurant, after giving several days notice) we'll let these three recipes do for ducks. There are hundreds of others; none of these preparations are particularly difficult—(except for that "pressed duck" bit, where you have to have a sort of silver-vice-meatgrinder-sieve with some very fancy attachments and a licensed Parisian engineer to operate it). Like so many things they do in Paris, it really isn't worth all the whoops-de-do. You're apt to find the whole thing is a bit expensive. And frankly a duck is only a duck, and we wouldn't pay that kind of money for a good goose!

#### SQUABS, ROCK CORNISH, Etc.

Of course, there are all kinds of other fine-eatin' birds we could discuss here; for instance we are sure you all know what to do about a good Goose? (If these rough types would only trim their nails!) We'll just let you do your own camping with this one; the goose is not a suitable bird to cook in a small apartment, and so we'll pass, with dignity, to other small birds that you will find in the market. These would include Squabs, and Rock Cornish birds. Well, any of these little numbers is just dandy—if you like dainty, tender little numbers, without too much on them. (Maybe we'd better try that big, fat goose?)

If we do get the small birds, and often they come already stuffed (but frozen), they are best if they are first boned out; if you know how to do this, that's fine; if you don't, it's quite a job, we don't advise

you to try it. Just stuff 'em. Maybe you'll toothpick a piece of bacon over the breast (to keep that meat moist); and just roast the little birds at 325° for 40-50 minutes. (This is for stuffed birds; unstuffed they would roast in half this time, but could also dry up.) When they are nicely brown all over, and fork tender at the thickest part, they're ready. A little plain almond butter goes very well on these and you don't even have to make a gravy or sauce. A hungry, he-man type can eat 2 or 3 if he can get 'em; there's really not much there.

#### POULTRY STUFFINGS

This is probably as good a place as any to have a few words about poultry dressings or stuffings. Call it what you will, some like it, some don't. We like good, savory dressing with some meats and poultry; but we admit it is usually extremely fattening (full of calories). On the other hand, it will build up a lotta skimpy portions.

As you must all know, the base of most stuffings, for large birds at least, is bread. Nowadays, this can be bought all cut up, seasoned, vitaminized, and toasted. All you have to do is soak it a little if you're going to make that kind of stuffing. Usually added to the bread base, will be vegetables, sometimes meats, herbs, seasonings, often eggs. It may also include rice, potato, even fruit. Most often the bread is old or stale, so it is usually soaked in some milk and/or water (or even wine!); then, most of this liquid is squeezed out and discarded so that the dressing will not be soggy.

The slightly cooked vegetables, plus any added features, are mixed with the bread, herbs, seasonings, and usually an egg or two. And that's it. The stuff may actually be put into the bird about ¾ full or many cooks find it more practical and easier to just put the dressing into a well-greased pan and bake it alongside the bird in the oven.

We feel that about equal parts of bread and vegetables, make for a good dressing. In brief, here are a couple of suggested mixtures that would do nicely for a 12-18 lb. turkey:

#### BASIC STUFFING (Dressing):

4 cups bread—crumbed or diced	2 small buds garlic-minced
2 cups milk	2 eggs
4 Tbs. bacon (or other) fat	1 Tbs. MSG
1 cup onions—chopped	1 tsp. coarse black pepper
1 cup celery—chopped	1 Tbs. salt
½ cup green pepper—chopped	1 Tbs. oregano leaves
½ cup chopped parsley, rinsed, then squeezed out dry in cloth	1 tsp. basil leaves
½ to 1 cup chopped bacon or pork sausage scraps	1 Tbs. baking powder
	1 Tbs. sugar (opt.)



Soak break in milk; squeeze it out, discarding milk. Saute vegetables and herbs in fat, 'til vegetables are just tender, (covered—about 5 minutes); add meat, cook about 5 minutes stirring all together. Add vegetables and meat to bread in large mixing bowl; stir in eggs, add seasonings and baking powder. Stuff into bird or bake in well greased pan covered with heavy paper oiled on both sides. Panned dressing will need about 1 hour at 325° (same temperature as you are roasting turkey at, one hopes). Remove paper from pan and cook 30 minutes longer to brown top.

### OLD SOUTH CORNBREAD STUFFIN'

They like it this way, down South: At least ½ to ¾ of the bread (see basic stuffing, above) should be old, tired, crumbled cornbread, or corn muffins, or corn pone, etc. Use same quantities of vegetables, herbs, seasonings, etc.; cut parsley to 2 Tbs. Added bacon or ham scraps may be used, or more of the sausage. After mixture is made as above, work in 2 cups whole kernel corn or even drained cream-style corn. Mix again, and bake as above.

The above two recipes should give you the idea; use more celery for CELERY STUFFING; added sage (or oregano) for a SAGE DRESSING. Add a pint or so of cutup oysters, plus their juices; and cut the vegetables by half for a fine tasty OYSTER STUFFING. And so it goes. (Ysee, honey, once you get the general idea of the thing, it goes real easy! Tasty, too!)

### WILD RICE STUFFING

For smaller birds, a lotta people at once think of wild rice stuffing; this is peachy-dandy, until you find out that wild rice cost about 2.50 a lb. Who wants it! An even tastier reasonable facsimile is used in our "Not-so-Wild Rice Stuffing": (for small birds, as squabs, Rock Cornish, etc.)

½ cup raw long-grain rice; cooked half done, drained

1 cup medium Kasha (Buckwheat Groats)

1 medium onion, minced

3 green onions, minced

6-10 small fresh mushrooms, cut up

3 strips bacon, minced

1 tsp. MSG

salt & pepper

dash nutmeg

pinch basil leaves

1 fresh egg

Cook rice 10 minutes in lots of boiling water (it won't be done); dump it into a colander, wash and drain. Cook kasha in 1½ cup water, covered, 10 minutes over low heat. The grains will absorb the water; mix with the rice. Put onion and bacon into heavy

skillet, cook 'til bacon is nearly crisped. Add rice mixture, seasonings, the beaten egg last, with skillet off the fire. Stuff mixture into small birds, or bake it separately in a greased casserole for 30 minutes. To crust, grease, oil or butter top.

And that's enough for dressings except to say that we often add fresh or dried fruits such as new cranberries to turkey stuffing; maybe also some chopped tart red apple. Pineapple, orange, and even chopped nuts if you don't overdo the nuts bit seem to do things for a dressing for roast chicken. For duck and some small birds, chopped dried apricots or dried prunes, make for real taste sensations. Hell, girl, use your imagination and clean up some of the odds and ends on hand. There's nothing like cleaning up an odd end on a dull winter's evening!

### RABBIT

The very thought of rabbit always reminds us of at least a couple of silly anecdotes. One is a story told of Honolulu in the late '30's. At the time, all poultry, produce, dairy products, etc., came in on the weekly boat from the Mainland. This was on Thursday. Of course

there was no air freight then, so the stuff had to last a week. Chickens, could be plentiful in the markets on Friday, but about the following Tuesday were very hard to find.

Also, among the varied specialties sold, were young rabbits. Not too many were shipped, so these became a demanded delicacy at fancy prices. All were invariably snapped up early on Friday. Then, a native butcher (down near Aala Park) began to have lots of dressed rabbit in his cases, and often at a price way below that of other merchants. These others couldn't figure out where he was getting them. At this same time, the local police

department was plagued with reports of a gang of kids that were stealing cats in the most respectable neighborhoods. Yeah! You've got the picture. This clever butcher had these kids out gathering in his "rabbits." For many years afterwards, following a daring expose, it was almost impossible to sell rabbit in Honolulu.





T'other bit (also true) is about a mad old swish we know, who often entertains at dinner, and frequently serves rabbit. Does it very well, too. As guests are happily enjoying the succulent meat, this silly old extrovert goes on gaily about how 'poor she is and finally admits that the *piece de resistance* is—or was—a neighbor's prized Persian. The astounded diners sit, their full mouths agape, as this sad old character continues, "You can always say that you ate pussy at my house!" Reactions are varied, from disbelief to violence; she seldom has to serve dessert.

Young rabbit, at your butcher's, costs about twice as much as chicken, but is still economical in comparison to steak or good roast. It is actually a tender and delightful meat, and can be prepared in almost any way that chicken can be served; some styles seem to be traditional.

### FRIED RABBIT

Proceed exactly as with Grandma's Fried Chicken. Let the butcher cut the rabbit up for frying; they weigh between 3 and 5 lbs. Dip the pieces into seasoned flour, into buttermilk, again into flour—and then fry 'em. A crustier piece is possible if you do the buttermilk bit a second time, and the flour once more too. Best fat to fry rabbit in is  $\frac{3}{4}$  good oil or shortening, with  $\frac{1}{4}$  bacon fat. Keep turning the pieces until they are evenly light brown and put the pieces onto a pan and into a 375° oven for about 15 minutes to complete cooking. Meanwhile drain off most of the fat from the skillet; toss in a couple of Tbs. of seasoned flour (leftover from the flouring) and clean the pan over low heat to a sort of dry paste. Add a little milk to the buttermilk you used as a dip, so that there are a couple of cups; gradually pour this into the paste in the skillet, stirring like a mad thing with a whip or a fork. When the liquid is all incorporated and the lumps are all worked out, simmer for 5-8 minutes over low heat. Season this country gravy with a very little MSG, salt and pepper. A light pinch of crumbled oregano leaves stirred in will point up the exciting gamey flavor one imagines to be with rabbit, but don't overdo this herb.

We like plain boiled hominy, drained and buttered, with our fried rabbit, and a tartly dressed salad. Cold pieces of fried rabbit are just as tasty for a midnight snack as are cold fried chicken.

### CASSEROLE RABBIT

This is sort of a simple adaption of the classic jugged hare. The pieces of rabbit are floured and lightly fried, then set aside. A medium onion is sliced thinly; a bud of garlic is minced; a couple of stalks of celery and half of a green pepper are sliced; a half pound of fresh mushrooms are washed and sliced. All these vegetables are put into

the pan the rabbit was fried in, covered, and cooked 5 minutes or so. Excess fat is drained off; the vegetables placed into a largish casserole with the pieces of rabbit on top. A sprinkle of MSG, salt, pepper, and a half tsp. of oregano leaves goes over this. A couple of strips of raw bacon are chopped and added to the pot. Two cups—or more—of some dry white wine (sauterne, chablis, reisling, etc.) are poured over; the casserole is covered, put into a 350° oven for 1½ hours. The cover may be removed for the last 15-20 minutes. Dished right out of the casserole, some of the vegetables are served with each portion of the meat. Buttered mashed potatoes go well with this. Incidentally, a large old hen—too tough to fry—can also be prepared this way for really good eating, (and it's inexpensive, too).

### HARE PIE

Whilst browsing in an old Spanish cookbook (we do this all the time) we noted an interesting recipe for *Pastel de Liebre*; after a minute or so of mental translation, we realized this was Hare Pie. Well! Certainly such a dish has a place in this book so, here is a somewhat Americanized adaption:

1 young rabbit (dressed or cleaned, about 3 lbs.)  
 $\frac{1}{2}$  lb. lean veal, diced  
 $\frac{1}{2}$  lb. lean pork, diced  
3 oz. bacon—diced  
3 oz. lean ham—diced  
1 scant tsp. Salt  
good pinch nutmeg  
1 tsp. MSG  
 $\frac{1}{4}$  tsp. crumbled oregano  
 $\frac{1}{4}$  tsp. white pepper  
1 large egg—1 egg white  
4 Tbs. fresh bread crumbs  
2 oz. brandy  
 $\frac{1}{2}$  cup sliced mushrooms, drained  
 $\frac{1}{2}$  cup stuffed olives, sliced (opt.)  
 $\frac{1}{2}$  cup blanched pine nuts  
very rich pastry for 2 crusts  
9" pie. May be puff-paste  
melted butter OR  $\frac{1}{2}$  oz. brandy  
1 egg yolk with 2 Tbs. water

Take all meat (raw!) off rabbit bones; discard bones, liver, heart. Mix with pork and veal. Chop together fine, with knife or knives; do not grind. Mix together with 1 egg plus one white, the season-



ings, nuts, brandy. Cook this mixture in a pan over hot water (as in a large double boiler) for 1 hour, stirring with wooden spoon. It will not brown (of course!) but meat should cook through. Fry bacon in a skillet just enough to render out much of the fat, which we'll save but won't use here. Do not crisp the bacon. Line a large pie-pan with rich pastry; put in a thin layer of the meat mixture; then few crumbs, the ham, bacon mushrooms, olives. Press down; have at least three thin layers of the meat, with the other items sort of pressed down into each layer. Top layer. Top layer should be meat; brush this with a little soft butter or with  $\frac{1}{2}$  oz. brandy or both. Cover with rich pastry top (best if this is puff-paste). Make air vents; seal at edges. Paint top with the egg-yolk beaten with little water. Chill in box for about 1 hour. (Don't put it in box 'til meat mixture is thoroughly cold.) Bake in 400° oven for 30 minutes; reduce to 350° for another 30 minutes. Pie should be a nice glazed brown. Take out of oven, set pan on rack to cool. May be taken from pan and served when just barely warm or the pie may be thoroughly cooled, then chilled in 'fridge, and served cold. Cut in very thin wedges; serve as an appetizer with drinks, etc. Obviously can be handily made ahead. And think of all the campin' and carryin' on, when you serve your guests with this fine, home-made HARE PIE.

#### FROG LEGS

Here we have another exotic meat, and again, you can do almost anything with frog legs that you can do with chicken. However, the day of fresh country frogs legs has passed; the ones you buy now are invariably frozen, often with little taste. Most come from Japan (where the Japanese won't eat them); but, ya' got your little heart set on a mess of Frawg Laigs (Louisiana translation), let's have 'em. There are several very standard preparations; *Grenouilles* (French) *Rane* (Italian), *Meuniere*, *Amandine*, *a la Figaro*, *Provencale*, etc.

All of these styles of cooking the frog legs start in about the same way; you flour the completely thawed and wiped legs, then lightly fry them . . . ("saute" to you French girls). Take 'em outa the pan and put 'em into another pan and into the 375° oven for 10-15 minutes, or less if they are very small. *MEUNIERE*: drain most of the cooking fat from the frying pan; in this case it will be butter and oil and add a couple of Tablespoons of soft butter to the pan. Don't let it burn. Toss in 2 or 3 Tbs. of strained fresh lemon juice, a couple of teaspoons of finely minced parsley. Swish this around the pan a minute, and pour over the legs to serve. (As you can see, this is a standard *Meuniere*.)

*AMANDINE*: Add some shredded almonds to the pan butter; cook a few minutes to lightly brown them. Add a drop or two of lemon juice, and a drop of almond extract. No parsley. Pour over the legs. *A la FIGARO*: into the pan butter some small dice of red and green pepper that have been 'blanched' or partly cooked—(brought to a boil in water, then drained); add a few pieces of chopped small onion; a very ripe tomato that has been peeled and chopped and with as many of the seeds removed as possible. Add a good pinch of sweet basil leaves. Cover pan; cook 5-8 minutes; pour this sauce over the legs 'a la Figaro. And so it goes.

*Frog Legs Provencale*: To pan butter (after lightly frying the legs) add a very little oil, and let it heat. Add tomato (as for Figaro, above), a small bud of garlic, minced very fine or put through a press, a chopped anchovy, a little green onion, and 3 or 4 stuffed green olives, sliced or chopped. Season with coarse black pepper, a pinch of oregano, no salt. And that, m'dears, poured over your legs, makes 'em 'a la Provencale!

And that's the way it is—very briefly—with chickens, rabbits, ducks, turkeys, frog legs, and such. Of course, there's the school of thought that says, Oh, hell, why bother to feed 'em at all. Give 'em an old tired beer . . . (which some can even drink laying down.) It's funny, but when you find that they can do this easily, you know damned well they've been there before!





## CHAPTER NINE

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### *Sauces, Gravies and other Brownish Delights*

*Brown Gravy, basic*  
*White Sauce, basic*  
*Spanish Sauce, basic*  
*clarified butter*  
*Meat Glaze*  
*Sweet Sauces*  
*au buerre*  
*Maitre d'*  
*Barbecue Sauce*  
*Bearnaise*  
*Bercy Sauce*  
*Bigarade*  
*Bordelaise (California)*  
*Casper Sauce*  
*Cheese Sauce*  
*Chutney Sauce*  
*Country Gravy*  
*Red-Eye Gravy*  
*Cream Gravy (and Sauce)*  
*Curry Sauce*  
*Diable Sauce*  
*Egg Sauce*  
*Fines Herbes Sauce*  
*Fricassee Sauce*  
*Blanquette de Veau*  
*Glace de Viande*  
*Hollandaise Sauce*  
*Mousseline Sauce*  
*Meat Sauce*  
*Mexican Sauce*  
*Mornay Sauce*  
*Mushroom Sauce*

*Mustard Sauce*  
*Onion Sauce*  
*soubise*  
*sauce Robert*  
*Piquante Sauce*  
*Poivrade Sauce*  
*Port Wine Sauce*  
*Raisin Sauce*  
*Poulette Sauce*  
*Provencale Sauce*  
*Supreme Sauce*  
*Tomato Sauce*  
*Vin Blanc*  
*Butters:*  
*Almond*  
*Lemon*  
*Meuniere*  
*Parsley*  
*Buerre Noir*  
*Fines Herbes*  
*Tarragon*  
*Mint*  
*Anchovy*  
*Avgo-Lemono*  
*Horseradish Sauce*  
*cold horseradish cream*  
*Madeira Sauce*  
*Caper*  
*Garlic*  
*pasta all' aglio, etc.*  
*Bercy Butter*  
*etc. . . . .*



## NINE

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Let us say at once that the subject of sauces and gravies is one of the most extensive in cooking; in fact, in French cuisine, for example, the 'sauce' is often of more importance than the meat. Well, while we'll go along with the French bit to a certain extent, we cannot wholeheartedly endorse this viewpoint.

While many old-time professional cooks may believe that the old methods were best, modern sauce-cooking—even in commercial quantities—has become necessary; this because the old ways were not only costly in materials, they were often endlessly time-consuming, even required the full attention of one or more experienced *sauciers*. Large restaurant and hotel kitchens featured batteries of great stock pots and cauldrons, where broths and juices of meats, vegetables and seasonings, could be reduced to an essence by long simmering and care. Modern food facilities must be compact (the space once generously given to the kitchen may now be partly used as dining space, to seat more customers). Exorbitant wages now keep the kitchen crew at a minimum. There is no money for specialists to make a pot of gravy.

So, with some regret, modern professional cooks use substitutes such as ready-made essences, flavors, colors, and consistencies. Strangely enough, the old names hang on; yes, we still have the old standards on the menu, and the diner is led to expect the sauce (or gravy, or garniture and service) to be as it once was, when so named. The best he can expect today is reasonable facsimile.

This culinary revolution has also taken place in home-cooking, having even reached the unhappy ultimate of the T.V. Dinner, (Ugh!). No longer does the mistress of the house have a big range to stand over all day long, turning out those great home-style meals that started grandfather's ulcer. The "mistress" of the house may not even live in a house but in a modern and compact (God knows!) apartment. In fact, the "mistress" may not even be a "she" at all! Whoever and what-



ever our homebody is, she may have to cope with a three-burner range, or even a set of hot-plates with a separate oven to set on one of these. So our recipes for sauces and gravies, and the methods of preparation suggested here, will certainly follow this modern line; however, remembering the old ways with some nostalgia, we'll try to keep these facsimiles as reasonable as possible.

Let's just insert in here a hard and fast rule for almost all sauce and gravy cooking; use either large or small pots as required, but they must be of heavy metal. Thin pots will invariably scorch and/or burn sauces. For complete safety with white and cream sauces, or any that have an excess of milk, cream, butter, or flour use a double-boiler. And take it easy, gal.

That rule laid down, how then does our more-or-less amateur cook make, say, a brown gravy to be served with a meal for 2, 3, or 4? Easy! He (she, or whatever) buys it. (Oh, stop giggling back there!) That's right, at the market or grocery, you buy a can of brown gravy and then heat it to use as needed. In fact, it's real smart to always have some on hand. Well, we guess that takes care of that! The same may be said of white sauce, tomato sauce, cheese sauce, and even a few others in some large market. This would seem to leave only the butter sauces and some rather special light sauces.

As simple and glib as that last seems to be, we'll go back a bit to, say, **BROWN GRAVY**. Suppose you build a nice browned stew, or do a pot roast or a Swish Steak—one of the results should be a lot of good rich meaty gravy. This is because you have cooked meat, vegetables, seasonings, slowly over a period of hours in a suitable liquid. The result of this, when properly strained, with excess fat removed,

and then thickened to a suitable consistency, is (s'help us) Brown Gravy. It may need a touch of color for a deeper brown, or a little extra seasoning; it may even be decided that addition of a beef essence would "beef up" the meaty flavor. But, it is a good, basic Brown gravy.

Let us confuse people at this point: classic French cookbooks, and cuisines (many of which have been literally translated to the work of English-writing authorities call this standard brown gravy—or sauce—an *espaanol*, or an *espanol* sauce. What we (in this country) call a Spanish sauce, those silly Frenchies



call a *Creole*. The small point here is that you may browse in some fancy cookbook and note references to use an *espanol*. Look it all over carefully, because it probably means brown gravy. Similarly, in the classic tradition we have *sauce bechamel*, *sauce supreme*, *sauce veloute*, even *sauce fricassée*. In our poor, old, modern American concept these are cream gravies. Silly, but the people that put 'em in cans, can't use the word cream unless a certain percentage of cream is in the product so the canned ones are simply called white sauce. Admittedly, each of the sauces named above has some distinctive ingredient or method of preparation, and there were certainly reasons for their being called *bechamel*, *veloute*, *supreme*, etc., but modern American cooks, in most instances, simply use a variation of a good cream sauce, and the canned white sauce is a pretty good base, ready-made. Remember, at the start of this chapter, we said that we'd deal in reasonable facsimiles; if these substitutions in method and ingredients throw you into a tizzy, we suggest you skip this chapter, and refer to the *Louis Diat Book on Sauces*; or to *Reinhofer's Epicurean*, or to *Louis DeGouey's Gold Cook Book*. Oh, there's all kinds of cookbooks, and some are pretty good. As noted way, way back there, this one is conceived for a particular cook, in a particular situation. So there!

All cooks with any experience make sure to make a little more than enough brown gravy, when preparing their roast, stew, etc. Properly cooled and sealed in a container, this extra gravy should keep for a reasonable time in the 'fridge. It may be used in a lot of dishes and preparations, where a little of such a sauce is indicated, such as in Chicken Livers Saute or for the sauces for veal cutlets or some chicken preparations.

Next best to having some home-made Brown Gravy on hand is to have a can or so of it in the cupboard. There are quite a few brands; take your pick. Most are rather bland and we find that they will need a little 'pepping up' with a good dash of dehydrated garlic, or a spoon or so of beef extract. A shot of wine may help, but the main thing is to have that can there on the shelf, ready and waiting. You'll never be sorry. In fact, we won't even attempt here to go into the pretty complicated procedure of making a brown gravy from scratch; it's just too damned much work for what you get. Go buy a couple of cans, Gert!

One last word: saved brown gravy need not be all of one meat; gravy from a beef pot roast will mix nicely (if both are at the same temperature when put together) with some turkey gravy, or pork; even a small amount of lamb gravy may be worked into other brown sauces. Too much however, might give a distinct lamb flavor. If your turkey or chicken gravy has giblets in it, hell—just strain 'em out. A gravy with some wine in it will go well with some gravy that hasn't; but a barbecue sauce, or a chili sauce, or one with some real strong flavor



obviously won't work into an all-purpose brown gravy.

The saved gravy—(or any gravy)—should not have a 'crust' or heavy surface; in fact, this indicates that too much flour or too little fat was used in thickening the gravy. Similarly, the gravy we're gonna use again should not have fat on the surface; this indicates that there was too little flour, or too much fat, in the thickening roux. There is a happy medium y'know. It is best, we think, to heat strange gravies and sauces that are to be mixed; heating them separately, and to not quite a boil. Excess fat will surface and it can be easily removed; the too thick gravy can have that crust taken off and it can be slightly thinned. How? Toss in a cup of coffee, or a little wine, or a half can of beer, or what have you!

This last in all seriousness. We've found that a fine substitute stock (for use in small quantities) is leftover coffee! The coffee flavor cooks out at once, and the fine color intensifies. We very often use coffee in brown gravies and sauces. Beer and wine are certainly natural flavors, and as you'll be only using a very little to thin some other gravy, why not beer or wine? Or, if you want to be finicky, what the hell, open a can of consomme of bouillon, and there you have a real fine stock. When doctored up, pour the two—or more—gravies together, let them come to not quite a boil and strain them. Taste the result for seasoning; add some if needed, and you're in business, with fine Brown Gravy.

We could devote 100 pages there to a discussion of brown gravy and things to do about it. For our declared purpose in this mad book, beamed at the bachelor-girl (or either, or both!) we say about brown gravy, save it or buy it. We'll have a little more to offer about certain dark sauces, a bit further on; first let's do up these following basic sauces . . .

## WHITE SAUCES

A great many recipes that you'll run into will simply say: use a white sauce or a cream sauce. They may further specify thick, thin, or medium. In a sense, this all purpose white sauce is the basis of many modern versions of old-time sauces that stemmed from the distinct *bechamel-veloute-supreme* preparations. These were sometimes difficult, often expensive; in comparison to a modern white sauce. For  $2\frac{1}{2}$  cups:

2 Tbs. fat	2 pinches white pepper
2 Tbs. flour	$\frac{1}{2}$ tsp. salt
2 cups (warm) milk or cream	1 tsp. MSG

And there you have it. Melt the fat in a heavy-bottomed pan. This fat may vary to suit the dish; it may be butter, oleo, shortening, oil, chicken fat, bacon fat, etc. Stir in the flour over low heat;

mix together and wipe the pan. Allow this roux to cook slowly without browning for few minutes. Work in the seasonings, then gradually stir in the milk or cream, carefully working out all lumps. Cook sauce slowly at least 5 minutes (to completely convert the starch); put through a sieve, and use as required. This should be a white sauce of medium consistency. Obviously more or less liquid will thicken or thin the sauce. For added richness, this plain white sauce may have an egg yolk added to it in the following manner. While completed sauce is still very hot, the egg yolk (or yolks) is beaten in a separate small pan or bowl. A little of the hot sauce is worked into the egg; then a bit more.

Then this egg mixture is whipped back into the pot of sauce. The egg will add to the richness, color, and body of the sauce, and it will thicken it. A little warmed milk or cream may be added to get the sauce back to a medium consistency. The sauce should not be cooked over direct heat after the egg has been added, as this will make the egg and the sauce curdle. Many bland white sauces do have an egg added to them. However a drop of commercial egg shade or egg color, will make the sauce look as if the egg was there. Many cooks use a dash of Tabasco (or other good pepper sauce) instead of the white pepper; almost all good cooks use a small pinch of nutmeg in white or cream sauces.

This is a basic white sauce; during the rest of this chapter, we will see how this may be used to make many other standard sauces.

## SPANISH SAUCE

This sauce (and this is a very general name) may also be called *Creole*, *Marinara*, *Neapolitan*, *Italian*, etc. The very best way to be assured of success with this sauce, is long, slow cooking to blend the flavors of the vegetables, herbs, and seasonings. This will make 2-3 qts. of sauce:

$2\frac{1}{2}$ cups onions—chopped	2 Tbs. Basil Leaves
$1\frac{1}{2}$ cups celery—chopped	1 Bay Leaf
$\frac{1}{2}$ cup green pepper—chopped	$\frac{1}{2}$ tsp. oregano leaves
1 cup leeks—chopped (opt.)	$\frac{1}{4}$ tsp. Spanish saffron (opt.)
$\frac{1}{2}$ cup garlic—chopped fine	1 Tbs. salt
$\frac{1}{2}$ lb. fresh mushrooms— chopped or sliced	1 Tbs. sugar
one #3 can (3 cups) standard Tomatoes	1 Tbs. MSG
one #3 (3 cups) tomato Puree	$\frac{1}{2}$ tsp. ground cloves
2 to 3 cups stock, chicken or consomme	1 tsp. coarse ground black pepper
	$\frac{1}{2}$ cup fat or oil
	4-5 Tbs. flour



Melt fat in large, heavy pot; add vegetables, cover, cook 10 minutes. Add herbs, seasonings except MSG. Stir together. Break up tomatoes in a pan; add puree,  $\frac{1}{2}$  of stock. Add this to vegetables. Bring potful to boil slowly reduce heat to simmer. Cook over low heat for 3-4 hours. Skim fat from top, strain this into small pot or empty can. Wash out herbs, etc. that remain in strainer (hold them under the tap), then return these herbs to pot. Set strained fats aside. After at least 3 hours cooking, heat fats in small separate pot, stir in flour, make a roux. Gradually work in liquid from top of sauce, (drop a large strainer onto surface of stewing sauce. It will fill with clear liquid; ladle out of this as needed); after thickener has about 2 cups of sauce liquid worked into it, and all lumps worked out, this is then stirred into pot of sauce. Sauce should be cooked at least another  $\frac{1}{2}$  hour, over low heat, to thoroughly mix in the thickener. This will also tend to hold ingredients of sauce in suspension, rather than having all the solids at bottom, liquid on top.

This is a tasty, meatless Spanish Sauce usable for hundreds of standard dishes. In the South, a Creole is liable to have some cut okra in it (usually canned), and in Louisiana it probably will have added pepper as well as some gumbo file powder! (this is a New Orleans specialty, used in some stews, sauces, and gumbos. It is actually powdered dried sassafras leaves; must be added just at end of cooking, as to cook the powder will cause it to clot and become gummy). Spanish Sauce can be used with braised shortribs, with pork spareribs, over plain rice, with many fish, poultry, and vegetables.

*Clarified Butter.* In the preparation of many sauces, you are required to use clarified butter; this is butter with water, whey, etc., removed. While you may not realize it, there's more in that yellow cube than you think, and there is a very simple, standard method of removing these things, leaving just pure butter. To clarify butter, put it in a tall, tubular metal container (what the hell! we use a clean tomato can!) and set this in a larger pot of hot water. A very low heat may be kept under this water, but it must not boil. In time, the butter in the can will melt and separate; the clear oil will rise to the top and the whey (which is water, salt, additives, and other gunk) will go to the bottom of the can. With a shallow ladle—or even bend the handle of a Tablespoon to form a ladle—carefully skim and dip out all this clear oil of butter, leaving that nasty ol' stuff in the bottom to discard. This clear butter-oil is clarified butter. Simple, wasn't it? Incidentally, you may lose as much as  $\frac{1}{5}$  by weight, so a pound of butter clarified, would only give you  $\frac{4}{5}$  of a pound of the oil. Anyway, for future references to clarified butter, now you know.

And there my dears! you have the basic sauces; and—ooh!—the things you can do with these. Let's right quick go through a list of 40 or 50 more or less standard sauces, noting our modern adaptations. Are you ready? But of course you are! Following some good, standard hotel menus, let's see—we have:

*AU BUERRE* This means—roughly translated—"the way the boss in the kitchen wants it served." Often it indicates a light butter, diluted with a little rich stock; with possibly parsley and a little lemon juice added. Served on fish, vegetables, some fried meats, etc.

*BARBECUE SAUCE* (See Chapt. 7)

*BEARNAISE* (See Hollandaise, a little farther on)

*BERCY SAUCE* This is often called a butter sauce, probably because butter is the principal ingredient. Butter is melted (or some clarified butter is used); some finely minced onion is cooked soft, in the butter—not browned. Minced parsley is added, and some white dry wine is worked in. Sauce is brought to boil, heat reduced. For a white Bercy, a little white sauce is worked in to make a thinnish sauce; a little meat glaze added makes a dark Bercy, usually for meats.

*BIGARADE* This is an orange sauce, much used on roast ducks (Chapt. 8). We melt a cup of orange marmalade with a cup of clarified butter; some marmalades will take less butter. Use this mixture, (hot), as a sauce. We accent this with a dash of Soy Sauce.

*BORDELAISE* An original Bordelaise was a sort of red wine and butter sauce, with sauteed shallots in it, pepper, poached bits of beef marrow, etc. We saute some minced garlic and onion in butter or oil; add a little brown gravy, same amount of dry red wine, season with pepper, add a little minced parsley, a few pieces of diced poached bacon to the finished sauce. This, of course, is not a real Bordelaise, but that's what passes for it in California. Some local cooks have chopped mushrooms in it, too. The finished sauce is a rich, reddish-brown, and is not greasy. Garlic, wine, meat flavors predominate.

*CAPER SAUCE* A fine caper sauce or butter is served on fish, and some bland meats such as boiled beef or mutton. A medium white sauce is used; add a little lemon juice, some minced, parsley, and chopped capers. About  $\frac{1}{2}$  cup of capers to 2 cups of sauce. Finished sauce is thinnish, white, and with green 'bits' in it. Caper butter, most often used on fish, is clarified butter, with a little lemon juice, minced parsley, chopped capers added to it. Very tasty; sometimes served on breaded veal cutlets.



**CHEESE SAUCE** A good, rich cheese sauce is often useful, to make *au Gratin*, to serve with vegetables as a garnish sauce, on some meat dishes, pasta dishes, sandwiches, etc. The very best you can have (and probably better than you could ever make) comes in a can, labelled Cheddar Cheese Soup.

**CHUTNEY SAUCE** This is occasionally used (in this country) as a spicy meat sauce; it is too sweet to use on fish. To make a Chutney Sauce, the bottled condiment is chopped fine and added, with some of its heavy juice, to a light brown gravy, or to a wine sauce, etc. Chutney is also sometimes added to mayonnaise or even one of the French dressings, to make a Chutney Dressing, sometimes used nicely on fruit salads, etc. There is a little Chutney made in this country; it is not similar to the standard bottled product from India. The bottled condiment is moderately expensive.

**COUNTRY GRAVY** This is a sort of general term, but usually indicates a milk gravy made in the skillet after frying meat or poultry. Most of the skillet's frying fat is poured off (save, of course) leaving only 2 Tbs. with the fried 'brown bits' and scrapings in the skillet. An equal amount of flour (2 Tbs.) is tossed in and the pan is "cleaned" as this is stirred up with the fat. Result will be a sort of dryish paste, or roux; gradually we work in 2 cups of warmed milk or cream, over medium heat, and cook slowly, whipping or stirring out any lumps. Season with salt, black pepper, and there you have Country Gravy.

Throughout the South, when ham is cooked in a pan or skillet, after the meat is removed, flour is added, a dash of paprika or red pepper, then the milk, and finally a dash of vinegar. Result is a faintly red-pink gravy tasting of ham, called *RED-EYE GRAVY*. Real jazzy with a ham steak.

Current restaurant practice in making country gravy, is to use saved bacon fat, then quickly to fry a couple of strips of bacon in this. Remove when crisp, chop and set aside. Then a couple of tablespoons of minced onion are added to the hot grease in the pan. When the onion is soft—though not necessarily browned—it is skimmed out of the grease, and is also set aside. Flour (about as much as there is grease or fat) is stirred in; also salt, pepper, MSG, and then warmed milk. After stirring and cooking for a few minutes, when the gravy is smooth, the chopped bacon and onion are returned to it. Restaurant cooks also usually add a drop or two of egg shade (yellow color) to make the gravy a pale ivory in color. And that's the way *we* do it at Happy House, too. Tastes real good with chicken fried steaks and pork chops.

Actually, a standard German sauce or gravy, called *Specksosse* is made just this way, though sometimes a little meat glaze is added to it.

**CREAM GRAVY** This can be the same sort of thing as a milk or country gravy, except that it is richer because it is made of cream, and some butter is used as part of the fat. It should be a rich, glossy ivory in color, and very smooth. Cream Sauce is a name very casually used for almost any white sauce, and this may be something else again.

**CURRY SAUCE** (see Chapt. 4.)

**DIABLE SAUCE (DEVIL SAUCE).** A simple cold mixture of equal parts of dark mustard, catsup, and Worcestershire sauce, make a true sauce Diable. This is sometime worked into a hot brown gravy, (2 parts gravy to 1 part diable), and a little lemon juice and some minced parsley are tossed in as well. This is used as a hot sauce on bland meats, such as boiled beef, tongue, pork chops, etc.

**EGG SAUCE** This is used on some vegetables and some fish dishes; very seldom on meats. Chopped hard-cooked eggs, and minced parsley, are added to a medium white or cream sauce. This is a very bland sauce.

**FINES HERBES** (Fine Herbs, as if you didn't know!) this is almost always a simple melted butter, to which a very little lemon juice and a mixture of various fine herbs are added. These last could include, parsley (minced), oregano, chervil, basil, rosemary, tarragon, mint, etc., or any two or three of these. The herbs are simmered for a few minutes in the butter over low heat. If this sauce is to be held for any length of time, it should be held over hot water. The butter would turn dark over direct heat. Of course, fresh herbs, finely minced are better than dried herbs, crumbled, but these are often not available. These herb mixtures may also be added to light brown or wine gravies, to make other herb sauces. All are good on fish, meats, vegetables, etc.

**FRICASSEE SAUCE** This is a sauce for a bland meat stew, usually of lamb, chicken or veal. It is made much in the manner of a cream sauce, except that instead of using all milk for a liquid, we use part cream, and part strong stock of the meat indicated. For instance, if we are making a Fricassee of Veal (a classic dish which those mad French called *blanquette de veau*), we would simmer our pieces of veal (2 lbs. will serve 3 or 4) in water, adding a quartered onion, a stalk of celery, half a carrot, a small Bay Leaf, and a small clove of garlic. When meat is just tender, we drain off the liquid, carefully saving it, and put the drained meat to one side. We reduce the stock to about 3 cups. For this dish we would also prepare, separately, some boiled, cut carrots and celery, also some fresh or frozen peas. Then, in a heavy pot, we make our Fricassee Sauce:



2 Tbs. butter  
2 Tbs. shortening or oil  
4½ Tbs. flour  
½ tsp. salt

¼ tsp. white pepper  
½ tsp. MSG  
1 to 1½ cups (warmed) cream  
2½ to 3 cups strong stock from  
the veal

We make our usual roux by melting fat, working in flour. Add seasonings, cook 5 minutes gradually working in stock and cream alternately; whip smooth, strain over veal or add veal to sauce. Add cooked celery and carrot; simmer together about 20 minutes and taste to correct seasoning if needed. Serve, using hot, drained green peas over top of portions as garnish.

Lamb and chicken fricassee sauces are made the same way, using (of course, silly) lamb or chicken stock. The whole point is—(and we always want to get to the point, don't we?)—that you replace the milk of an ordinary white or cream sauce with cream and the stock of the meat used.

**GLACE DeVIANDE** Very often some reference will be made, usually for prestige, to *glace de viande* or *demi-glace*, or meat glaze. In great kitchens, this was formerly made, laboriously, by simply cooking beef and vegetable stocks down to a point of concentrated essence. The heavy-syrup result was a *glace de viande*. It was used for added flavor, and color, in other sauces and gravies. There are many such commercial meat concentrates now available in jars and cans, and there are many so-called "bases" (for soups and gravies) that are usually granular; these are seldom worth buying. The compact kitchen cook might happily do well, however, to have a small jar of one of the better concentrated ones on hand.

**HOLLANDAISE SAUCE** For some reason, this seems to be "the Most" in sauces. It's a hot sauce of the consistency of mayonnaise made of egg yolks, clarified butter, and lemon juice. It is tart and tasty on vegetables, and on many made meat dishes it is used with many fish and seafood specialties. Also, it's quite expensive to prepare, and is very, very tricky. Sometimes it does, and sometimes it don't! But, ya wanna make a coupla cups Hollandaise—have ready:

½ cup strained fresh lemon juice  
4 to 6 egg yolks (absolutely no white . . .)  
1½ lbs. butter (or a superior brand oleomargarine) clarified to  
make about 2 cups oil.  
½ tsp. salt  
½ tsp. dry mustard  
1-2 Tbs. madly boiling water

Bring a large pot of water to a near boil; have a metal (stainless steel is fine for this) basin with a rounded bottom, that will fit on top of the pot of water. The water level should not quite reach the bottom of the basin or bowl. In other words, the basin should be over the hot water but not in it. If it is in the water, the bowl becomes too hot, and cooks the eggs. (As this sauce is really very tricky—we want to make sure you do it right—and it still may not 'come out'. It even happens to long-experienced cooks, with Hollandaise.)

Put the yolks and seasonings in the basin or bowl; whip them together with a spring wire whip, (these come in all sizes, too). An egg-beater might do the trick but we doubt it. Set the bowl over the hot water; whipping *steadily*, and only in one direction, add a tsp. or so of the lemon juice. Drip the oil (or clarified butter) from a ladle or spoon, slowly into the bowl. Keep whipping slowly—but keep it steady! Gradually drip in all the oil. Before you do have it all in, the contents of the bowl should thicken (like whipped cream). This is called "forming an emulsion." Dribble in some more of the lemon juice; then continue dripping the oil; possibly a little heavier now. Whip *steadily*. The whole bit will either stand up properly in 12-15 minutes, or it will separate to nothing at all. Eventually, you will have all the oil and lemon incorporated, and the bowl will hold a thick, smooth sauce the consistency of heavy mayonnaise. It should be thick enough to stand in peaks, or almost so. Now, (still whipping steadily), add the spoonful or just a little more of the madly boiling water. Whip it in with a few licks, and you've got it made. (Pause to rest arm and have a beer.) If you beat too long at this point the sauce will break (separate) for sure, and this would mean you'd have to start all over again. In this case, you either say "to hell with it" or you do try to put it together again.

This can sometimes be done by starting with a fresh egg yolk. (Some cooks start again with one fresh egg yolk, and a freshly hard cooked—8 minute—egg yolk, put through a sieve, then mixed with the fresh yolk). Put this new egg into a clean basin or bowl or the hot water, and start whipping steadily again while dripping the broken or separated sauce slowly into the new egg, whipping steadily 'til it's all incorporated. This will usually do it, and you'll have a nice tangy, rich bowl of thick Hollandaise. Leave the sauce in the metal bowl; set it over the stove, or even in a 120° oven (no hotter); you may cover it with a single piece of waxed paper. When ready to serve the sauce, dish it out with a wooden spoon; for some reason, a metal spoon seems to make it break.

Hollandaise is a lot of trouble, but it is marvey on some fish dishes, on asparagus, broccoli, and things like that. But, maybe it's too much



trouble, or too expensive. Ya wanna fake it? You'd be amazed at the restaurants and good places that do. There are many ways of making a reasonable facsimile; this is the easiest:

1 cup salad dressing (in bottle, NOT mayonnaise but, mayonnaise "type")  
2 Tbs. lemon juice  
2 Tbs. clarified butter  
1 drop yellow food color (called Egg Shade)

Warm—but do not melt—the salad dressing in a bowl over hot water. Gradually stir in the clarified butter, 'til it's all incorporated. Quickly whip in the lemon juice and the drop of color. This looks, and tastes like Hollandaise; costs about ⅓ as much; is much easier to make. Use this at once; if it is well done, only an expert can detect it from the true Hollandaise, and you as sure as hell aren't about to tell anyone!

**BEARNAISE SAUCE** This is also one of these butter-egg emulsion sauces. It is not quite as bright a yellow as Hollandaise, not quite as lemony, and has a distinct flavor of vinegar, spice, and tarragon.

We know, Jacqueline, all this sauce and gravy bit is a bore when you and I both know that there is just one tasty-type gravy that should come with the meat! But let's make some Bearnaise, the hard way.

½ cup cider-vinegar	6 egg yolks
¼ tsp. coarse black pepper	1½ lb. butter, clarified
1 Tbs. minced onion	¼ tsp. salt
½ tsp. crumbled dried tarragon leaves	1-2 Tbs. boiling water
4 Tbs. fresh lemon juice	½ tsp. fine-minced tarragon leaves, or fine crumbled dried leaves

Put vinegar, onion, pepper, ½ tsp. tarragon into small pot; bring to boil; reduce by ½ to no more than 4 Tbs. of strained vinegar. This should take about 15 minutes of cooking over brisk heat. Save the strained vinegar; discard the spices. Referring to Hollandaise Sauce above, beat this vinegar in with the egg yolks, add salt. Then proceed as with Hollandaise, dripping in alternately the clarified butter-oil and the lemon juice, whipping steadily all the while. Soon it becomes very thick; quickly stir in the bits of minced tarragon (the second ½ tsp.) and then the boiling water to set the sauce.

If in process, this sauce breaks or separates, (which any of these damned butter-egg sauces are very liable to do), try first aid as recommended for Hollandaise. This may bring it up again.

(There seems to be some kind of happy idea in that last bit somewhere. A girl can only try!)

**MOUSSELINE SAUCE** This is simply a lighter Hollandaise; or a cold or cool Hollandaise into which considerable stiff whipped cream is beaten. Obviously, this sauce must be used at once; it is often used as a glaze over items to go under a broiler for a quick browning. (Some say there's nothing like it!) A very rich Mornay Sauce to which whipped cream is similarly added is also sometimes called a Mouseline Sauce. So now you know!

**AVGOLEMONO** (Greek Egg-Lemon Sauce). This is a real simple sauce, and seems to be a quick Greek version of what those French make so much hard work out of. Anyway, this is the national sauce of Greece, and can be used on almost any dish. In fact, in a thin version made with good rich fish or chicken stock, it's a dandy soup. Oh! those clever Greeks...

There are various ways of doing this. The trick please, ladies, is not to allow it to boil, as then the sauce will separate and curdle. We often make this in a heavy skillet and other times in a small heavy-bottomed pan. Y'need:

3 egg yolks	4-5 Tbs. fresh strained lemon juice
1 egg	1 cup (or less) of hot, rich stock
1 rounded tsp. butter	OR—¾ cup hot water plus 1 Tbs. MSG

Melt butter slowly in pan; do not burn or cook. Beat egg yolks, the egg, and lemon juice together. Stir well into butter, and AT ONCE start dripping in and beating steadily the hot stock. If eggs are allowed to cook in the butter, you've just got a mess of scrambled eggs (lemon flavored). Properly made, this is a very soupy scrambled eggs (lemon flavored). Properly made, this is a very quick and easy sauce to prepare; it may take a little practice. (What doesn't?)

There are other butter-egg emulsions, which our kitchenette cook needn't even think about; the above standard French, Greek, and drug-store-soda-fountain styles are all he really needs to know in this line.

**HORSERADISH SAUCE** This is a really jazzy bit that fits in with several kinds of meat, fish, some vegetables, and could possibly be ingeniously worked into other sauces. Most often a *hot* horseradish sauce is served with boiled beef, boiled spareribs or shortribs or with tongue or heart. And very often a *cold* horseradish sauce goes with a thick, juicy cut of roast Prime Ribs of Beef. Hot or cold, it's easy to make.



For the hot sauce you simply mix prepared horseradish with some cream sauce. But first you'd better know that there's horseradish—and horseradish. Offhand, we have about four kinds in mind: (1) Fresh ground; this is sometimes found in very large market centers, occasionally in health-food stores. (2) Plain bottled horseradish with vinegar in it as a preservative. This may be old and flat. (3) Jewish-style, which has beets ground with it, is a ruby red, and is very tasty. (4) Dehydrated horseradish. This is dried and powdered; it could be used as a so-called flavor accent, but—oh, let's forget it! Fresh ground is, of course, best of all, and it is very, very strong. It is not easy to find a place to get this, but it is well worth the trouble to locate it. Regular bottled horseradish is most practical to use for a sauce after the liquid has been drained from it. If the bottled horseradish on the grocer's shelf is slightly brown, or even off-white, pass it by. Freshly bottled horseradish is pure white, and after awhile it turns color.

To make a hot Horseradish Sauce, add drained horseradish to a rich white cream sauce. A drop or two—no more—of fresh lemon juice will point up the flavor; a very little finely minced parsley will make it pretty. Use 2 cups medium thick white sauce, 4 Tbs. drained horseradish, 2 drops lemon juice, 1 scant tsp. minced parsley. This will be dandy on bland meats, when served hot.

For a wonderful garnish to serve with Roast Prime Ribs, try a **COLD HORSE RADISH CREAM**. Mix 4 Tbs. (drained or fresh if possible) horseradish into 1 cup of very thick, rich, cold white cream sauce. Whip one cup of heavy cream to very stiff; fold it into the cream and horseradish, so that the whole is light, but very stiff. Serve in small paper cups or in side-dishes. Some cooks use a mixture of the horseradish, sour cream, whipped cream. Take your choice or have an idea of your own, but this is real grand with this beef roast, if you think a really good, juicy piece of tender meat needs anything with it!

**MADEIRA SAUCE** The name, at least, is an old friend; you may see Madeira sauce on the menu of many fancy joints, even in some lesser ones. Well, dear, it's almost a figure of speech. Genuine Madeira wine is rarely seen or used in any commercial kitchen; it is somewhat hard to find; is imported and always quite expensive (\$6.00 or \$7.00 a fifth), and it's not too hard to imitate—particularly to a diner who has never tasted the original. Madeira is somewhat similar to a heavy Sherry, or *olorsa*; it is sort of a reddish brown, and is often a little sweet. Hence, what is usually served as Madeira Sauce is most often a dark, rich, reddish brown gravy, with just sufficient wine in it to be distinguished as such by color and aroma.

Simply made, some heavy, rich, brown gravy is heated; not quite

an equal amount of heavy Sherry is stirred in. A very little Port may be added to give color and sweetness, though many cooks simply add a drop or two of red color. The sauce should be heated through, but never brought to a boil, as this would evaporate the best of the wine's flavor. Sometimes just called a Wine Sauce, more often this tasty mixture is menu-listed as Madeira Sauce. Well, so many things—these days—aren't exactly what they are said to be. We know a character, but, oh well!

#### MEAT SAUCE (See Chapter 4)

**MEXICAN SAUCE** A regular Spanish Sauce, to which some chili powder is added, is sometimes known as a Mexican Sauce. There is a true *Salsa Mexicana* used extensively in that country; however, it is a long and laborious process of reducing various chiles (peppers) to a sauce-like consistency, and then flavoring it suitably. Even Mexican people in this country seldom do it the old and hard way. (For sauce, you understand.) This sauce—or something like it—may be bought in a Mexican grocery, will possibly be called a *Salsa Colorado* or *Red Sauce*. A green Mexican sauce called a *Salsa Verde*, has nothing to do with green Mexicans—(called *mojados* along the wadeable border)—but is rather a chili sauce made of green chilis (also celery, onions, green onions, chopped spinach, herbs, etc.). This is made very much as we make a Spanish Sauce, only it is kept green. A drop or two of green color added to the finished sauce will complete this illusion. Many South-of-the-Border dishes feature a *Salsa Verde*, which is simply a delicious green vegetable sauce; very fine on fish dishes.

**MORNAY SAUCE** This is an easy sauce to prepare, and it is one of the most used. A Mornay Sauce is literally a rich white sauce with added cheese. Many variations are possible, according to standards or your own fancy. Let's make some. We'll need several small saucepans or pots, and a good double-boiler. Also:

3 Tbs. butter or other fat	3 cups warmed light cream
3 to 4 Tbs. flour	½ cup grated Parmesan Cheese
½ tsp. salt	½ cup grated Swiss Cheese
1 tsp. MSG	½ cup clarified butter
¼ tsp. white pepper	

Melt butter in small heavy-bottomed pot; stir in flour; add salt, MSG, pepper. Cook to a dry, crumbly paste without browning for 5 minutes. Gradually whip in light cream. This should make—as soon as all the lumps are out—a rich, fairly heavy white cream sauce. To be sure there are no lumps, put sauce through a strainer into the top of a double boiler. Half fill lower part of boiler with



hot water; put on heat to keep this water just under boiling point. Stir mixed cheeses into sauce; stirring occasionally until cheese is melted into sauce. Gradually stir in clarified butter. This should be assimilated by the sauce and should not rise to surface. This is your completed Mornay Sauce. If too thick, particularly after standing for a time, it may be thinned by carefully stirring in a little more warmed cream.

If a sort of fluffy Mornay is desired, you can whip a cup of very thick whipping cream to very stiff; fold this into the sauce—with a few added grains of salt—just before using the sauce. This is often called a Mousseline Sauce, though it is not a true one. These sauces are much used to cover or mask items that will go under the broiler for a moment of quick browning. The rich sauce will glaze swiftly to a nice light brown, and bubble slightly. It will do this quickly.

**MUSHROOM SAUCE** While there are undoubtedly more proper methods of preparing a correct mushroom sauce, we just pop some mushrooms into some brown gravy and that's usually it. Of course, if we are using fresh mushrooms we feel that we have to cook the little funguses (fungi?) a bit first. Whole small mushroom caps may be used, or even canned stems and pieces, but we think sliced fresh mushrooms are best. We use about a ½ lb. of fresh mushrooms, washing them and then slicing as desired. We put a large tablespoon of butter and a small tsp. of oil, into a small frying pan. We quickly add a small clove of garlic, minced fine, a couple of small green onions, minced fine, then the mushrooms, sliced. We shake 'em all up together, cover the pan, and cook over low heat for about 10 minutes. Our next step is optional, but we feel it makes the sauce. Uncovered, and with the heat turned up to almost high, we pour in about an ounce of brandy. This will flame. When the flames die, we pour in 2 cups of rich, heavy brown gravy. We stir this all together, now over medium heat, until the sauce is heated through. We may stir in a final tsp. of very finely minced parsley but only if we are feeling unusually mad, gay, and uninhibited. This gives about 3 cups of a rich brown Mushroom Sauce, and that's what we started out to make.

**MUSTARD SAUCE** This is sometimes used for bland meats such as boiled beef and so on. Dry mustard, a drop or so of vinegar, some cayenne pepper (or liquid Tabasco), a little extra salt, are added to a rich basic white sauce. A drop of yellow color (egg shade) is often added to make the sauce more yellow—(mustard color). The mustard flavor should be sharp and pronounced; do not cook sauce over long heat after dry mustard is added, as it may make the sauce bitter.

**ONION SAUCE** Recipes very often call for an onion sauce for pork

chops, etc. Nothing easier! Minced onions are fried in a little butter and/or oil until soft; added to a rich brown gravy, you have an onion sauce of a sort. Similarly, the sauteed onions may be added to a white sauce to make a different kind of an onion sauce. Many Hungarian and Austrian dishes seem to start with an onion sauce, which is called a *soubise*. This consists of minced onions sauteed until soft, then put through a sieve. This is the traditional start of goulash, paprika dishes, many others of that ilk. (Say, have you seen a good 'ilk' lately?) So, when a recipe says (and they quite often do) "make a *soubise*," you cook some onions to soft, and sieve 'em.

If cooked onions are added to a brown gravy, with a little wine, a pinch of mustard, a dash of vinegar, you have a **SAUCE ROBERT**. **INTERMISSION**—This might be a very good place to have a break, time to go out and cruise the lobby, etc. Nothing? Oh, hell! Maybe it's just your night for culture, so let's take up with these sad and sometimes sexy sauces again. Ready?

**PIQUANT SAUCE** This is a light brown gravy into which have been flung some cracked, whole, black pepper, some fine-chopped, hard-cooked eggwhite, chopped pickle, pimiento, and a little red wine vinegar. Capers, crumbled herbs, etc. may be added if you like. A good shot of demi-glaze, or meat essence will retain the basic meat flavor of the gravy. This is a fine sauce on boiled tongue or baked tongue. (What *you* wanna put on *your* tongue is, of course, your own business, we hasten to add.) Piquant is a sort of generalized name for any sauce made up in this manner. A *Lorenzo* sauce would be very similar, except that it would have some added clarified butter; a little less brown gravy.

**POIVRADE SAUCE** A poivrade means peppered, you can get the idea here very easily. Usually this is a rich brown sauce (gravy) that is slightly thinned with tomato juice or puree and is brought to a near boil with quite a lot of crushed, black peppers in it. Strained, it is slightly tomato red, distinctly tasting of the peppers, but with a definite meat flavor in there somewhere. Or, to some rich Spanish Sauce add some meat glaze or very concentrated brown gravy and a handful of crushed black pepper. Thin with a little stock, simmer 15 minutes and strain for the same result.

(If this casual-type recipe doesn't give you the idea, maybe you've got the wrong hobby. Have you ever considered parakeets?)

**PORT WINE SAUCE** This is real jazzy with baked ham, particularly if the ham has been basted with port (or other wine) during the baking. In this case, the gook from the bottom of the roast pan, with excess grease removed, would go into the sauce. Without this flavor booster,



and starting from scratch, you'd take a couple of cups or a can, of good brown gravy, and add a couple tablespoons of B.V. or Bovril or one of those meat glazes; (anything to make the basic gravy a little meatier, and there's nothing new about this idea.) Heat the gravy slowly; when just bubbly, pour in an equal amount of red Port Wine which has been lightly warmed (at least, not just out of the 'fridge, where Port Wine doesn't ever belong). Stir this gravy-wine together until the sauce is again quite hot. Don't boil!!! Cover the pot or pan to retain flavor and aroma. Stir in a drop or so of red color to make the sauce look "winier." If to be held for any time, put in top of double boiler, and keep warm over hot water until used. Just before serving, the sauce may be brought back to hot over brisk flame, but must then be used at once. There's your dandy Port Wine Sauce. Long may it wave!

You can also cover a cupful of raisins with hot water for an hour or so before sauce-time, by which point they should be plump. Drain off the water and add the raisins to a Port Wine sauce. This is also an excellent sauce for ham, and (s'help us) it is usually called **RAISIN SAUCE**.

**POULETTE SAUCE** When you get right down to it, (happy idea), a *poulette* sauce is just a rich, egg-thickened cream sauce, with a little lemon juice stirred in there at the end, and maybe a pinch or so of finely minced parsley. Some cooks add sliced mushrooms; some don't. You should maybe serve some chicken or turkey in this type cream sauce. It would then be a *la Poulette*. (Y'see, that's the way they get these crazy things on the fancy menus.) Or, maybe you'd put cooked, sliced or diced potatoes into such a sauce, with mushrooms, lemon juice, and a speck of parsley; 'ya got *Potatoes Poulette*. At least, this is the modern American conception. Peculiarly, in a classical French tradition of another year, this standard sauce was made the hard way with some herbs reduced, then strained out; added to make a flavorful roux; then the cream, egg yolk and finally the lemon was added. And it seems to pretty much all come out the same. Frankly, while these saucy French-type items are very good, whether made traditionally or more modernly, they are not rough-trade-type dishes.

**PROVENCALE SAUCE** This is a sort of Spanish-type sauce, which almost always has red wine, garlic, fresh tomato, olives, often anchovy incorporated in it. In fact, starting with equal parts of red wine and rich brown gravy, we would make it just that way. Or, see Chapt. 8 for Frog Legs Provencale.

**SUPREME SAUCE** This is a very rich cream sauce made with roux, rich cream, and is nearly always finished with egg yolk. The roux will be mostly butter-flour; though some chicken or goose fat may be

used. About one quarter of the liquid may be very concentrated chicken stock, for added richness and flavor.

**TOMATO SAUCE** Maybe you'd just like a plain but rich and tasty tomato sauce, for that fish, or for a veal cutlet, or something. Nothing could be easier! (What? No, Bessie, you can't heat up a bottle of catsup!) Catsup is very seldom used in any cookery, as the preservatives in it give out with a peculiar reaction when cooked. Of course, if you are in a real hurry, open a can of Tomato Soup. Do not dilute it; just heat it as it comes from the can and you'll have a very fine, smooth, flavorful Tomato Sauce. We always add a bit more pepper and get on with this. In a small heavy-bottomed pot, melt 1 Tbs. butter (or oleo, shortening, K.Y., or whatever). Stir in 1 Tbs. flour. Gradually work in half a cup of warm chicken stock or broth, or dissolve 2 chicken bouillon cubes in half a cup of boiling water. This will make a pretty thick mess in the pot. Keep it over low heat, then pour in one or two of those little cans of tomato sauce that are advertised almost everywhere, (the 3 for a quarter kind). Stir this all together. Add about half of a medium onion, chopped, and a piece of garlic, minced—if you have it. Season this to taste with salt, pepper, sugar, a pinch of cloves, etc., and let it simmer over low heat for about 15 minutes. Strain into a serving bowl or another small pot. There you have it, a nice consistency, inexpensive and quick. A good rich, red tomato sauce. Of course there are other ways to make this kind of thing. You got a better method—use it!

**VIN BLANC** As practically any ninny knows, this means white wine. It's used on fish dishes, and is considered pretty swish by gourmets. Easiest way to make it would be to make a white roux of 1 Tbs. of shortening or butter, with 1 Tbs. flour. Cook together over a low heat without browning for at least 5 minutes. Work in half a cup of light cream; stir in half a tsp. MSG, but NO salt or peter. Then, thin down this rather thick sauce with warmed white wine. A *haute sauternes* is very suitable, though almost any dry white wine will do the trick.

If the sauce is to be used over poached or baked fish, by all means poach or bake the fish in some of the wine; then use that wine in the sauce. If this sauce is lumping, be sure you put it through a fine sieve just before serving. Do not hold over high heat after wine is added as its flavor will evaporate.

All of the above fifty or so recipes and methods should make a pretty fancy cook out of any amateur; it may also give some idea of what other gourmets are gassing about as they describe tasty dishes they have made and/or eaten.

Before we finish up here with sauces and gravies, let's have a few



kind words for butters. Maybe you've seen on menus "lemon butter" or "parsley butter?" Curious? Well, that's just what they are: butters with various additions to flavor and color them. You melt some butter in a skillet, without browning it, and throw in whatever you have in mind; swish it around a little, and pour it over the meat, or fish. (Come ladies, let's not get carried away!)

**ALMOND BUTTER** Or *Amandine* (that crazy French!). Very lightly brown some slivered almonds in some butter in a skillet; try not to brown the butter, just the nuts. Or better, brown some slivered almonds in some butter (and/or part oil). Drain this butter (and/or oil) off and discard it. Heat over very low heat, some more butter (about 1/8 lb. of butter). When just liquid, add the ready-browned nuts, about a rounded Tablespoon to this much butter. Shake these two together in the pan over very low heat for a couple minutes. Then, add one or two drops of almond extract. Pour buttered nuts and all over the meat or fish or vegetable. (It's sometimes hard to tell these days!) There you have Almond Butter, or 'a la Amandine'.

**LEMON BUTTER** This too, is just what it says; fresh lemon juice added to heated butter. If this is part of the butter in which the meat, fish, or chicken has been cooked, and some minced parsley is added with the lemon juice, it is a *Meuniere*, or *meuniere* butter, or it even is sometimes called a *meuniere sauce*. That's life for you!

**PARSLEY BUTTER** is made by adding finely minced parsley to pan butter. Often a drop or two of lemon juice is added to accent the flavor. Incidentally, unless otherwise noted, no salt or pepper is added to these butters. And again, the butter is never browned, except for **BUERRE NOIR** (black butter), which some people like as a butter or sauce served over fried eggs, brains, stuff like that. In this case, ya' just cook some butter over moderately high heat until it is quite dark without being burnt. (This is a nice trick, too.)

Butter is used for these butter sauces. Fresh (unsalted) butter can be used, but will seem flat. Most oleomargarines will not be satisfactory, particularly the inexpensive ones; however some of the better oleos (not those alleged safflower items, nor corn oil oleos) seem to work out all right. We use a moderately expensive oleo in place of butter in every instance, and find it satisfactory.

While we are gassing about oleo, there is a sort of mad story that has gone around in some commercial kitchens and other food businesses, for the past couple of years. About 5-6 years ago, much ado was made in the press about the mounting mountains of surplus butter being stored by the government. The story has it that certain margarine processors bought up a lot of this surplus butter at some ridiculously

low figure, whipped in a little color and stabilizer, and so were able to package it as an oleomargarine. They were selling real butter as a cheaper substitute! You can believe this story or not; actually, we like to believe it. It certainly is a fact that all oleos are not alike; they range in price from .10/lb. to .49/lb. The cheaper ones are worth only their price; we like good oleo and we find that the moderately expensive ones, those requiring refrigeration, are "just like the high-priced spread!"

**FINES HERBES BUTTER** (There's that sexy old French again!) You crumble up some dried herb leaves in your hand; fling 'em into some butter frothing in a pan. Reduce heat and cook for 2-3 minutes. A drop of cider (or white wine) vinegar added here will point up the herbs. And there you have an herb butter. Most often two, three, or even more herbs are used as a mixture. Ordinarily, one would use about half a tsp. of herbs to 2-3 Tbs. of butter. We've found it always very kitchen-handly to have a small jar of ready-mixed herbs on hand. We use 1 Tbs. oregano; 1 Tbs. (dried) parsley; 1 tsp. sweet basil; 1 tsp. rosemary; 1/4 tsp. tarragon. Some mad girls and others who are particularly fussy about what they eat demand fresh herbs. Okay! You find 'em, you use 'em. We mix these whole dried leaves, and keep them in tight-lidded glass jars; taking out what we need as we need them, and crumbling that much to a coarse powder in the palm of the hand. These *fine herbs* go well on some fish, egg dishes, vegetables, in salads. Just use 'em as you feel like it, but don't overdo it.

Interesting herb butters may be made by simply using just one herb in the hot butter; try some **TARRAGON BUTTER** over roast chicken.

**MINT BUTTER** is like the other herb butters, though chopped fresh mint is most often used. Real good over broiled lamb.

**ANCHOVY BUTTER** is a real fishy, fish-pepper-upper. Use mashed or minced anchovy filets (the flat ones), or even use tubed or jarred anchovy paste added to the hot butter in the pan. As anchovy products vary considerably in saltiness, use your own judgment. Anchovy butter is particularly fine over a broiled fish steak.

**CAPER BUTTER** These spicy little vegetable buds make a piquant butter sauce. Chop a few, leave some whole; add to hot pan butter and cook over low heat for a few minutes. A drop or so of lemon helps.

**GARLIC BUTTER** Minced fresh garlic, or finely sliced garlic, or garlic put through a small garlic press, is added to hot pan butter. To serve, the garlic may be strained out of the butter; many gourmets



like it left in. A garlic-butter-olive oil sauce is wonderful on fresh cooked spaghetti or *alla aglio* or *alla aglio con oleo*. For this an equal part of butter is heated with olive oil; the fresh minced garlic—and lots of it—is added and allowed to get light brown without burning the butter. Poured over a hot dish of pasta and mixed with lots of freshly grated Parmesan or Romano cheese, perhaps a little chopped fresh basil, this is a wonderful basic Italian dish, particularly fine for those who do not care for the heavier tomato sauces.

Many men simply go ape over a juicy steak with garlic butter poured over it; in fact most people do like garlic—though if asked they'll usually say no. Don't ask us why!

*Bercy Butter* seems to be a standard as is *meuniere*, so put a half tsp. of minced parsley into a cup of white wine and over medium heat. Reduce (let it cook) until there is only half as much. Let this almost cool, then mix thoroughly with some slightly soft butter; then chill. This is usually rolled in a waxed paper, chilled to firm, then is cut off in half-dollar sized rounds to put on steaks, etc. This is a fine butter.

Similar butters may be made—with a little thought—from lots of things: shrimp, lobster, caviar, chutney, mustard horseradish, spinach (green butter), paprika (red butter), herring, shallots, tomato and so on. Usually just enough for that meal is made as these butters are usually served frothing hot; though, many—like the *Bercy*—take to chilling and serving as suggested.

And surely that gives us the Butter bit; you must take it from there. Be assured that a simple butter sauce is always the mark of a good cook.

A final word on sauces and gravies and butters: whatever one may read (or write) of all the hundreds of variations of sauces that are prepared to enhance an individual dish, one is forced to admit that the natural juice—or gravy—that comes out of the piece of meat or fish is by far the most succulent dressing.

We are sure you ladies, etc., will agree!



## CHAPTER TEN

### Vegetables... Plain and Fancy

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| Artichokes                           | Eggplant                             |
| Asparagus                            | stuffed — <i>Moussaka</i>            |
| Beans, Green, etc.                   | fried                                |
| <i>les haricots verts, Amandine</i>  | Greens (spinach, etc.)               |
| <i>Italian Green Beans (Fagioli)</i> | <i>Italian style</i>                 |
| Wax Beans                            | Eggs Florentine                      |
| Fresh Limas                          | Mushrooms                            |
| Beans Hongroise                      | steak garnish, etc.                  |
| Beets                                | Mushroom Pie                         |
| Harvard                              | Okra                                 |
| Orange                               | Onions                               |
| Glazed                               | boiled, etc.                         |
| Red Flannel Hash                     | fried                                |
| Broccoli                             | Parsnips                             |
| Brussels Sprouts                     | boiled                               |
| Orange Sprouts                       | glazed                               |
| Cabbage                              | fried                                |
| plain boiled                         | Peas                                 |
| scalloped                            | puree                                |
| braised                              | <i>Les Petits Pois au Parisienne</i> |
| German or Bavarian Spiced            | Peppers                              |
| — <i>Rote Kohl</i>                   | Corned Beef Hash                     |
| Kraut                                | Squash (winter & summer)             |
| — <i>a la Alsacienne</i>             | Tomatoes                             |
| Carrots                              | scalloped                            |
| with Curry                           | broiled                              |
| Vichy                                | fried                                |
| baked or glazed                      | Turnips (White & Yellow)             |
| Carrot Tzimmes                       | Rutabagas                            |
| Cauliflower                          | Yams and Sweet Potatoes              |
| with Cheese Sauce                    | Zucchini                             |
| buttered                             | Succotash                            |
| salad                                | O'Brien                              |
| Polonaise                            | Mexicorn                             |
| Celery                               | Fritters                             |
| <i>Amandine, etc.</i>                | scalloped                            |
| Corn                                 | pudding or custard                   |
|                                      | Cucumbers                            |



## TEN

Here we all are again, fully recovered after that last saucy chapter and this time we are gonna deal with some wild vegetables we have known. Most (alleged) he-man types don't want vegetables; but sometimes ya get a guy who digs them, or maybe you're just putting on a big feed and you feel you've simply got to have vegetables. Of course, your psychiatrist will tell you that this is all due to the fact that you were always intrigued with Uncle Willie's real tight pants . . . or some such thing . . . (Say, we know some of the damndest stories about headshrinkers. It seems . . . what was that? Oh, you've heard it!) Well! If we could have fewer interruptions here, we would get on with this vegetable bit.

First, the Word! Ladies, (and you others) vegetables are good for you. That is aside from some crass mention of cucumbers! We'll zoom through *our* favored preparations of these standard items. Try 'em! Hell, girl, "you might like it," as the un-gay character wrote on the powder-room wall, (beneath some declined "invitations to the waltz"). Maybe even "Jim" can be coaxed to eat his spinach, or what have you.

But first we gotta gas a bit about the way you buy vegetables. Today even good, canned vegetables are not as practical as are fresh or Fresh-frozen. Of course, there are exceptions to this, (to almost anything for that matter. Hi! you mad exceptions!) F'r instance, canned tomatoes, canned beets, etc., are better for some purposes in cans.



Peculiarly, good quality brands of frozen-foods, are the best of the selected fresh vegetables; hence they are possibly better than some of the fresh stuff on the stands. In most cases, *we* (at Happy House) use frozen rather than fresh if there's a choice. Of course, some things (thank Gawd!) aren't packaged as yet.

At Happy House, we have some very hard and strict cooking ideas; one of these is that salt is a chemical bleach, and is frowned on by modern dieticians. On the other hand, sugar is a known food and fuel; it is also known to set both color and flavor. We realize that Mother, Grandma, and even Great Uncle Mervin (he was a one!) all started any vegetable cookery with that pot of salted water. We don't; we put a little sugar in the water and get bright, colorful, tasty vegetables. Also, we don't overcook them as many, many cooks do. Say, there's a thought: maybe guys don't eat vegetables because they're often pretty unappetizing. Cook your vegetables in rainwater, if you like; but we suggest you make a small test. Put four small pots on the stove; salt two, sugar two. Using some green vegetable like string beans, and a bright one like carrots, put half of each in salted waters, half in sugared. Boil the usual 10 minutes—not more! Drain. Now, which is purtiest? Tastes best? Okay!

While vegetables may be cooked in almost any way; plain American-style boiled and buttered is least trouble, retains most of the vegetable's flavor and other qualities. Admittedly, some of the more lurid preparations will make the vegetables more acceptable. Canned vegetables are already cooked. They simply need dressing up after being just heated through their own liquid, then drained. We'll offer several preparations for canned vegetables here.

#### ARTICHOKES Forget it!

**ASPARAGUS** For salads we sometimes use good quality canned asparagus; for a vegetable we use fresh if obtainable cheaply; if not it's frozen. Using a square or oblong cake or pudding pan with 2-3 inch sides, we line up the trimmed spears in the pan. (This is either fresh or frozen asparagus. Fresh simply takes longer to cook.) We heat a pot of water, with a scant tsp. of sugar to a quart. We pour this over the vegetables just to cover. Then we fold a light kitchen towel or cloth to just cover the vegetables in the pan with none of it hanging over to catch fire. We put the pan over medium heat on the stove-top and cook until the big end of the asparagus is tender to a fork. Holding the cloth on with a spatula, we carefully drain off this cooking liquid, without disarranging the asparagus. This liquid is discarded because it's bitter. We pour a little plain hot water over the asparagus and cloth. With the cloth removed, the lined-up spears are lifted out of the water with a slotted turner, onto a warmed plate.

Hot melted butter, or lemon butter, may be poured over the asparagus; or a smooth and tart Hollandaise Sauce may be globbed on, or use Egg-Lemon sauce (Chapt. 9), made a few minutes after the asparagus is first drained.

Cold or leftover cooked asparagus, is fine in omelettes, salads, soups, etc. A fine vegetable for you, recommended as kidney flush by many doctors. We also cook broccoli this same way.

**BEANS: GREEN, WAX, ITALIAN, FRESH LIMAS, Etc.** We believe that fresh-frozen beans are best in quality, are actually cheapest, certainly easiest to prepare. Green, or string beans are commonest and least costly. We simply bring these to a boil in slightly sugared water; cook 5 to 6 minutes, drain, and serve. We don't bother to thaw 'em, just open the package and dump them into the hottish water. We sometimes put plain butter on the beans, sometimes bacon-grease; or lemon butter, or any other of the butters could be used. To fancy-cook green beans, it is easy to stir in some diced, canned pimiento, a little chopped, green onion, lightly sauted with some minced bacon all this dumped into the beans, (including the fat in the pan). Makes 'em sorta special. Salt and pepper—if needed—should be added to the vegetables after cooking and draining.

Green beans come with several names, such as pole beans, Kentucky wonders, Blue Lakes, and so on. These last are especially good quality. Beans are packaged—both frozen and canned—in several styles; whole, cut, sliced or Frenched, and so on. Some fine frozen food packagers are now offering green beans with butter sauces, some with other vegetables. Expensive hotels and restaurants often serve French (sliced) green beans with Almonds and butter, or *les haricots verts*, *Amandine*. Whole, small Blue Lake beans, are the best of canned green beans, regardless of brand. (Then there was the gay old girl who had the beans brought to the table so she could "french" them herself!)

Little known by the average home cook, but packaged by all better frozen vegetable packers are **ITALIAN GREEN BEANS**. These are a broad green bean, usually cut. Italian beans,





*fagioli*, (wouldn't you know it!) have an altogether different flavor than ordinary green beans; they taste a little peppery, and are really different and delicious. We use plain butter only, with these; guests (male!) seem to like 'em.

**WAX BEANS** are a waxy sort of yellow, taste very like other green beans; we cook 'em the same way, and usually serve with some bacon fat.

**FRESH LIMAS** seem to come frozen best and are in several sizes: fresh green limas, baby green limas, Fordhook limas, etc. Plain butter is dandy on these; we often crumble in a few herb leaves, such as basilica (sweet basil), or mint, or tarragon.

Known as **GREEN BEANS HONGROISE**, (on fancy menus) a real speedy and very tasty vegetable dish can be put together if you just happen to have some Spanish Sauce on hand. To 2 good cups of the drained canned beans (not heated), add 1 cup Spanish Sauce. Some minced onion and bacon can be quickly fried together and tossed in with the fat. An extra touch of pepper, garlic, and a small pinch of cloves are stirred in as well. When this is all thoroughly heated together, it is served out. Real good with most roast or fried meats.

**BEETS** For some reason, versatile beets have never been overly popular as a vegetable. The initial preparation of fresh beets is messy; we've never seen them frozen; but canned beets are a handsome, nutritive and inexpensive vegetable. Also, they come canned in many attractive styles: shredded (*julienne*), sliced, whole (both large and small), in dice, or pickled for salads, etc. Their uses are just as widespread, as they may be served as a garnish, as salad, pickled, glazed, spiced, and so on. Beets are certainly one of the most colorful of vegetables, with a distinct and pleasant flavor of their own. We like pickled beets as a simple salad, and spiced or **HARVARD BEETS** as a hot vegetable. To serve 2 or 3:

2 cups sliced or small whole beets	1 Tbs. butter
	$\frac{1}{2}$ cup vinegar
1 Tbs. sugar (may be brown)	$\frac{1}{4}$ tsp. cloves (ground)
$\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. pepper	$\frac{1}{4}$ tsp. garlic powder (dehyd.)
1 rounded tsp. cornstarch in 2 Tbs. cold water	

Drain the canned beets, saving the juice in one pot; the beets, with only a couple of spoonful of the liquid in a 2nd pot. Add vinegar to the liquid, put over medium heat. Add sugar, salt, cloves, garlic, pepper. Dissolve cornstarch in water; as seasoned juice comes to a boil, whip cornstarch in. Lower heat slightly, stirring or whipping till juice clears. Add beets and butter, stirring

easily together. Should set over lowest heat for 10-15 minutes to heat through. If sauce is too thick, thin slightly with a little red wine, or even water.

Another real jazzy recipe is **ORANGE BEETS**. Sliced small beets or whole, very small beets are best for this, too. Drain beets, leaving a Tbs. or so of juice only. Heat the beets and juice over low heat. In a small skillet, melt 1 Tbs. butter or oleo over low heat. Add 3 Tbs. of orange marmalade to the butter; cover 'til all melted together. Pour butter-marmalade over beets, swishing them around 'til all pieces are covered. Serve at once.

We think pickled beets are an indispensable summer salad; they are sometimes served as a vegetable as well. (See Chapt. 3.)

**GLAZED BEETS** are attractive, easy to fix; use small whole beets, drained. Butter a baking dish or casserole; put in beets. Dot heavily with butter, sprinkle with brown sugar, salt, pepper. Bake uncovered about 20-25 minutes, shaking pan occasionally so that beets are all coated with glaze. Oven for these should be about 360°; serve directly from baking dish. Pretty and tasty!

**RED FLANNEL HASH** This is a real native of New England, a fine utility dish that might even be considered a light meal. Also, it's easy to make in a single heavy skillet; could even be done in one of those electric pans. Use 4 parts of beets to 1 part potato,  $\frac{1}{2}$  part of onion, and a reasonable amount of bacon, 4 cups, 1 cup,  $\frac{1}{2}$  cup, and 4 strips. Chop up bacon and onion; fry lightly in skillet; add well drained chopped cooked beets mixed with chopped cooked potato. Stir it all together; add salt, pepper (lots of coarse-ground black pepper!); some crusty old folks toss in a drop or two of vinegar; we add a little garlic powder. Fry this all together for about 10 minutes. It won't brown; just get it good and hot, and all red. Sort of tasty at that, Red Flannel Hash, an American original as they say.

**BRUSSELS SPROUTS** Fresh brussels sprouts are selected; they should be small and all of about the same size. Best are tightly-balled ones with few loose leaves. Outer leaves and a little of the base or stem, may be carefully trimmed away. The sprouts—fresh or frozen—are dumped into a pot of lightly sugared water, and cooked 'til just fork tender. Of course the fresh will take a bit longer. (Don't they always?) The cooked vegetable is drained, buttered, seasoned as desired, and served. Buttered sprouts may be kept hot as long as 30 minutes in a tightly covered pot in a warm place, but the vegetable should be completely hot through each piece when served.

**ORANGE SPROUTS** These tiny cabbages seem to be extra spe-



cial with a touch of simple orange sauce. After draining the cooked sprouts, seasoning and buttering them, we fling in a heaping Tbs. of orange marmalade for each cup of the vegetable. (About 3 Tbs. to a 10-12 oz. package of frozen). Quickly covered, the pot is shaken up a bit to coat all the sprouts. Very different, but real tasty!

**CABBAGE** Here is a real common, inexpensive, and available vegetable, good in many ways. But—as with many other common, inexpensive, available items (good in many ways!) cabbage too, has some faults. Principally, it smells. It will stink up a small apartment, and the “flavor” lasts. Of course a good spray of a floral deodorant, some of that tired old incense, or even a recklessly spendthrift spray of your Chanel No. 5, may bring the Passion Pit back to its sweet, floral, sexy fragrance.

Let's see: Plain Boiled Cabbage. Use firm heads of white or green; quarter, removing most of the hard core from each section. Cut each quarter again; carefully lay the eight pieces in a large-enough pot. Over this pour hot water or light meat stock such as the liquid from cooking corned beef or tongue. If desired, add a little sugar (*we do*); salt will tend to turn the cabbage a sort of dirty disillusioned gray. Liquid should just cover the vegetable; put pot over moderate heat on stove. Cover cabbage and liquid with a light cloth or napkin; this will absorb much of the aroma. Let it come to a slow boil; reduce heat slightly; cook no more than 15-18 minutes. Cabbage should not be, but often is overcooked. Lift out of the liquid with a skimmer or with slotted spoons, draining well. Put onto service plate for immediate service. A very little melted butter dribbled over will keep the cabbage nice and glossy, and add somewhat to the good natural flavor.

**SCALLOPED CABBAGE** Remove hard core from a firm cabbage; chop the rest coarsely in inch-square pieces. Dump all this into a pot of boiling water, with no salt, a little sugar. Keep it at a boil for 2 minutes; pour it all out into a large strainer or colander, allowing cabbage to drain well. This blanching removes much of the strong and possibly unpleasant flavor or odor. Grease or butter a casserole, putting in about 1½ inch of the chopped cabbage. Dot with butter or bacon fat; add a little flour, a few thin slices of onion, salt and pepper (sort of heavy with the pepper). Add another layer of cabbage, onions, fat, seasonings, flour, then a third layer of cabbage. Pour in about 3 cups of rich milk just to cover the cabbage. Put into a preheated 375° oven; bake covered for 30 minutes; remove cover, bake 20 minutes or more, 'til top is nicely browned. Bits of diced bacon can be mixed in, or partly cooked pork sausage, or even some of those sexy little Vienna sausages. These, of course, would make almost a main-dish out of the cabbage. Or go all the way. Brown 3 or 4 thick pork chops from

which the bones have been removed. Put these browned chops on top of the cabbage—and bake as suggested, just covering the chops with the milk. This Pork and Cabbage makes a hearty casserole; most men love it with lots of cold beer and promises of goodies to come . . . (such as apple pie!)

**BRAISED CABBAGE** Sometimes called hot slaw, this is a quick way to cook cabbage. Shred the leafy parts of white or green (some red, too, if you like) cabbage, discarding the heavy core and stem ends. Slice an onion, shred some celery and a green pepper moderately fine. Use a heavy pot or skillet that has a tight cover. Melt fat—(bacon or ham)—about 1 Tbs. to each cup of vegetables in pot or skillet; add mixed vegetables, salt, pepper, a little sugar. A small sprinkle of mixed herbs can go in if you like, or just a few crumbled leaves of oregano or basil. Add a few drops of vinegar; cover pot at once; put over medium heat. Shake the covered pot occasionally, but don't remove cover for at least 20 minutes. You will find contents have cooked down to about half the volume you thought you had put in. (That's life, dearie!) Serve at once, with possibly a little more bacon grease over. Very tasty as a vegetable, inexpensive, easy to prepare. What the hell more do you want?

#### GERMAN OR BAVARIAN (*Spiced*) CABBAGE

**ROTE KOHL** This is very similar to braised cabbage; *rote kohl* is almost a standard accompaniment to German Pot Roasts, Sauerbraten, etc. Only shredded red cabbage is used, with some sliced onion, grated tart apple, a little very finely minced (or pressed) garlic. Bacon or pork fat goes into the pot; then the cabbage, onion, garlic, grated apple, are tossed together in the fat. To 6-7 cups of the vegetables (which will serve 3-4), add 1 tsp. coarse-ground black pepper, 3 Tbs. brown sugar, 1 Tbs. salt; 1 tsp. MSG, ½ tsp. cloves. Stir or toss all together; pour in half a cup of red wine and one quarter of a cup of vinegar; toss together. Cover tightly; leave covered, over medium heat for 20-30 minutes. Shake pot occasionally. When dished up, a little finely minced parsley or minced fresh mint makes a handsome garnish on top of the bright wine red, savory smelling, ROTE KOHL. Gesundheit!

**KRAUT** This is one of those things some people like very much; others just can't eat it! A few years ago, delicatessens and some large markets sold fresh sauerkraut from huge barrels; now it comes in glass jars or cans. Of course, Kraut is a brine-pickled cabbage; some dieticians maintain it is very healthful. Nothing is easier to prepare for table service; ya' simply open the can, dump the kraut and the juice into a pan, and heat it through. However, kraut varies in the strength



of its brine; some is quite strong and salty, and some cooks drain away the can juice, and add plain water to heat it in. A little raw bacon, mixed with some chopped onion, and added to the kraut (uncooked) improves the flavor. Some people add caraway seeds or otherwise season the kraut lightly; possibly other herbs such as oregano, dill, cardamom, etc. are used. Many cooks heat the kraut over a very low fire (and in a heavy vessel) for as long as an hour. This cooks it together, and does improve the flavor. Kraut is fine with frankfurters, and almost any sausage, which may simply be tossed into the pot on top of the cabbage, then covered and heated as long as desired. A real one-pot meal, though a plain boiled potato and a jar of good strong mustard will come in handy.

On the Continent, and particularly in Western Europe, a *KRAUT a la ALSACIENNE* (style of Alsace) is pretty standard. To serve 4 to 6:

4-6 cups sauerkraut, drained	3-4 cups dry white wine (as:
1 onion, sliced thin	Sauternes, Reislings, etc.)
1 potato (raw) peeled, grated	½ tsp. coarse black pepper
4 strips bacon, chopped	½ tsp. basil leaves
1 or 2 green cooking apples, grated	2 tsp. minced fresh parsley

Using heavy pot or deep skillet, (the one with the tight lid), put in bacon over low to medium heat. Add kraut, onions, grate apple and potato directly into kraut; stir in at once to prevent discoloration. Add basil, parsley, pepper, and if desired some celery and/or caraway seeds. Pour in white wine; cover; cook over very low heat for 45-60 minutes, shaking pot occasionally.

This is famed Alsacienne Sauerkraut, and is very, very tasty, particularly with sausages, boiled meats, spareribs, etc. It's easy, different, good for you, filling, inexpensive.

**CARROTS** These are one of the most versatile of vegetables, may be eaten raw, partly-cooked, boiled, baked, glazed, stewed or mashed. For less esoteric purposes, we'll outline a few carrot preparations here. Plain Boiled Carrots. If carrots are quite large they are inclined to be tough, though possibly full of flavor. (Ain't it ever so!) These should be thinly peeled before cooking. Younger and more tender carrots are easily cleaned by giving 'em a quick going over with a metal sponge type pot cleaner. (This may sound silly, but it does wonders for thinly peeling some vegetables.) Very young and tender carrots are simply scrubbed with a kitchen brush under running water (le tap!); they aren't peeled at all. Whichever and however, the carrots are sliced in rounds a little less than a half-inch thick. If carrots are very large

around it is better to split them lengthwise before cutting into slices, which in this case, will be half-rounds. Cover the carrots with water, add a little sugar (no, no salt!) and cook for 10-20 minutes. Test them with a fork, but do not overcook. They will cook quicker if covered. Drain and serve, usually with just a little plain butter. This very simple, very plain vegetable can be delicious. At Happy House (crazy us) we like to lightly sprinkle the buttered carrots with *Curry Powder*; this is really tasty.

If the carrots are sliced thinly, then cooked and drained, buttered generously, and with a little fresh lemon juice and some minced parsley tossed into them, you have the American version of *Carrots Vichy*. (It's a little different in France, sez me!)

**BAKED OR GLAZED CARROTS** These are easily prepared if the carrots are cut in short lengths (like 2 inches, and that's real short!); then they are boiled, drained, put into a casserole or flat baking dish with quite a lot of butter and brown sugar, and baked awhile 'til the butter and sugar form a glaze.

Needless to say, a fine salad is made of grated raw carrots; they may also be cooked to very tender and then made into a puree by straining into a bowl. This puree is seasoned, served with butter. Such a puree may even be substituted for pumpkin to make a *Carrot Pie*.

Carrots are much used in cooking as a flavoring and coloring vegetable; in soups, stews, roasts, gravies, etc. Some rugged souls even like to snatch a cold fresh carrot from the 'fridge and just gnaw on it!

**CARROT TZIMMES** While there are many recipes—regional and family—for this, a simple and delicious version for 4 persons:

2 Tbs. shortening (or chicken-fat; or bacon-fat) melted	
2 cups grated carrots	½ tsp. salt
1 green apple, peeled, grated	1 heaping Tbs. honey
½ small onion, grated	4 Tbs. (more or less) water
1 medium to small potato, peeled grated	1 Tbs. fresh lemon juice

(Optional): ¼ tsp. MSG; ¼ tsp. white pepper; ½ tsp. minced parsley

Melt fat in heavy saucepan (with cover); grate vegetables, mix together. Add to fat, stir together; add seasonings. Pour over honey, water, lemon juice. Parsley may be mixed in and cooked, or sprinkled on top as vegetable is served. Cover, cook over slow heat for 1½-2 hours. Shake pot or stir once or twice. Add little more water if needed; keep heat low. Serve as a vegetable, with a piece of butter on top. If stove space is limited, after first half hour covered pot may be cooked in 325° oven. Very, very tasty.



Carrots come in several styles in cans; also, some are fresh-frozen; we think best flavor, easiest preparations and cheapest are with fresh carrots.

**CAULIFLOWER** This is a real jazzy vegetable; seldom—if ever—canned, it is nearly always in the market fresh and frozen. Often however, freezing processes do not seem to maintain either the brilliant natural white or the exotic texture of fresh cauliflower. We prefer to buy 'em fresh, and as fresh looking as is possible. (If you don't know a "fresh look" by this time, Gertrude, you're in the wrong class. This seminar is hardly for amateurs!) You take this fresh number and trim (carefully) the leaves in which the flower nestles. Don't throw these tender, young bits away. (Many a young, tender bit is sweet and succulent). Cook them right along with the rest of the flower, which should be cut into segments or little flowers. (Comme 'se dit, 'en Français: *les fleurettes*). These leaves, along with the flowers and cut up parts of the inner stem, will give half again as much of the delicious vegetable, so why not? Of course, the cauliflower may be cooked whole. Many cooks do this, then serve it with a rich, yellow, cream poured over the whole thing. Very pretty on the table but slightly messy to cut up and serve, and hell on the tablecloth.

A pot of water is brought to a boil; add a tsp. of sugar; squeeze half a lemon into the pot. Some cooks add milk; we only add milk to water in which we hold certain hot vegetables if they are not to be served at once. We figure it'll curdle if boiled. However, (that old refrain) tests made by us at Happy House, have definitely proven that salt to cooking cauliflower will often turn the vegetable a dingy grey, so no salt! It's always on the table . . .

Our usual word of advice in cooking vegetables: don't overcook. A little bit of crispness in the served cauliflower (and most other vegetables) makes it finer eating and better tasting. In fact, partially cooked cauliflower, drained then chilled is marvey as a salad vegetable particularly with a creamy French dressing. (Chapt. 3.)

Now, with a pot of drained, just-cooked cauliflower . . . whaddaya do? You can just plain butter it or use almost any of the butters like lemon butter, almond butter, caper butter, and so on (see Chapter 9). Or butter and add a sprinkle of some herb such as basil, mint, tarragon, etc. Or put a rich cream sauce over it, or a rich cheese sauce. Canned Cheddar Cheese Soup just as it comes from the can and heated is a wonderful rich cheese sauce! This last is very popular as a dressing for the cauliflower. Then, there's a *Polonaise*. You mince up a couple of strips of bacon; fry it in a skillet. Add, as it cooks, a couple of Tbs. of minced onion, a sprinkle of garlic, salt and pepper. Stir in a half cup or so of bread crumbs, after turning off heat. Add half a tsp. of minced

parsley. All mixed together, you have some greasy seasoned, browned breadcrumbs. Some cooks add chopped hard-cooked egg to the polonaise. (That's what it is, dearie! Don't ask us why!) Goes real good on some things like plain cooked cauliflower.

**CELERY** This is one of the basic vegetables, used in much of cooking for flavor, texture. A lot of people like to chew on it raw. Well, no accounting for tastes, fortunately. Celery is used in stews, meat pies, stuffings, in soups and gravies and salads. It's tasty and healthful; a very simple way to serve it is to cut it up and lightly boil it to just tender; serve with plain butter, in cream sauce, or mixed with other vegetables. Plain boiled celery is fine with any of the butters (Chapt. 9); *Celery Amandine* is the customary serving of this vegetable on Continental menus.

It is best to buy big firm heads of raw celery; use what you need and wrap the rest in a section (several pages) of newspaper; put in 'fridge, it will keep crisp this way for weeks. Use the hearts for salad. Again, DON'T overcook celery; it should still have a little of that ol' crunch.

**CORN** seems to be a particularly American vegetable; and almost everyone likes it. Corn, as almost every embryo cook must know, comes fresh in the market seasonally; in several styles fresh frozen, and in cans. Fresh ears are best; they are simply shucked, hair removed, and the nice ears are put into boiling water (sugared) for no more than 6 minutes. Actually, it is just necessary to set the milk and content of the kernels; excess cooking will make them tough. Not-so-fresh corn is tough anyway, so be sure it is really fresh.

Frozen corn is usually the pick of the selected crops, and is processed at just the right moment. It often loses something in this processing that really fresh corn does have.

Almost all types of corn come canned and in several styles; principally whole kernel and creamed style. There are both frozen and canned preparations of corn mixed with other vegetables, sauces and/or seasonings. For instance, corn mixed with young lima beans, often in a very light cream sauce, is called *Succotash*; this is a supposedly typical American original dish and well it could be. A scant half cup serving has about 250 calories so . . .

Canned corn adapts to mixing with almost any kind of vegetable; it is also fine in stuffings, salads, puddings, fritters, muffins and so on. Or, simply serve the stuff on or off the cob with plenty of butter, salt and pepper. Red and green peppers, diced and very lightly cooked (or blanched) are added to corn kernels to make **CORN SAUTE O'BRIEN**. With a little chili powder also thrown in you have **MEXI-CORN**. In fact, you can even buy it canned that way.



If you have a handy deep-fryer, just a small range-top pot, *CORN FRITTERS* are easy to do, and men love 'em. Some experimentation will probably be needed to tell you how hot your grease should be, how thick the batter, how long to cook. Here is a good batter for 6 or 7 fritters:

1 egg	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup (about) cream style corn	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ cup (about) whole kernel corn	good pinch nutmeg
1 Tbs. melted butter	$\frac{1}{4}$ tsp. salt

Beat egg; mix in corn and butter. Sift flour, salt, nutmeg, baking powder together. Gradually beat into egg-mix. (A stiff batter.) Take out a spoonful (dessert spoon) at a time; drop into really hot fat (if fat is too cool, fritter will only absorb fat). Just brown, turn, just brown. Carefully skim out; drain on absorbent paper on a pan. Put in 350° oven for 5-6 minutes to complete cooking. As corn varies in can juices, more flour may be needed here; if mixture is impossibly stiff, add few spoons milk or cream. Some cooks like a little sugar in these fritters. Batter should be almost stiff enough to hold shape as spooned without spreading too much in grease. What may seem to be an easier recipe:

1 cup Bisquit—or other biscuit mix  
 $\frac{1}{2}$  to 1 cup whole kernel corn  
 1 egg  
 $\frac{1}{2}$  cup  $\frac{1}{2}$  &  $\frac{1}{2}$  (light cream)

Mix all together to make stiff batter; cook as above.

Corn fritters, served with crisp bacon (and lots of it!) are a fine snack; with a little thought, everything can be done in one heavy skillet.

*SCALLOPED CORN* is a fine treatment of this flavored vegetable; it can be a one-dish meal and it is a possible use for leftover corn (if you can have that much leftover of something so good.) Scalloped corn can be sort of "loose," with lots of rich creamy juice, or if eggs are used, it can be a semi-solid rich custard. And oooh! is it ever fattening! (Yes, May! You stick to the cobs.) We'll offer a couple fine recipes here, each to serve four. The difference is pretty obvious, but either is delicious. Scalloped Corn:

1 cup kernel corn	$\frac{1}{2}$ tsp. dry mustard
1 cup creamed corn (if all kernel, increase milk-cream)	2 Tbs. butter
$\frac{1}{2}$ cup chopped onion	2 Tbs. flour
salt, pepper (cayenne or white)	2 cups light cream
$\frac{1}{4}$ tsp. garlic powder	$\frac{1}{2}$ cup cracker crumbs
	2 Tbs. melted butter

Melt 2 Tbs. butter in skillet, stir in flour, salt, pepper, garlic, mustard. Slowly add warmed cream to make lumpless cream sauce. Add onions, corn, mix together; should be fairly juicy. Butter casserole, transfer whole mixture to it; put crumbs on top, then rest of melted butter. Add more milk if not liquid enough. Or, mixture may be left in skillet; extra milk added as needed; then crumbs and butter. Bake in 350° oven for 40 minutes. Serve from container; should still be fairly juicy. Good, too!

#### CORN PUDDING or CUSTARD

2 Tbs. butter or bacon-fat	salt, pepper, nutmeg
$\frac{1}{2}$ cup chopped onion	3 eggs
$\frac{1}{2}$ medium green pepper-chopped	$1\frac{1}{2}$ -2 cups light cream
2 cups kernel corn	1 Tbs. melted butter
1 Tbs. flour	

Melt butter or fat in skillet; lightly fry onion and pepper. Stir in corn, flour, salt, pepper, nutmeg. Lightly beat eggs and cream together. Butter casserole; add corn mix; pour egg-cream over it. Should just cover vegetables. Set casserole in pan with 1 inch of hot water; put into preheated 350° oven. Bake one hour; after 30 minutes pour Tbs. melted butter over pudding, and bake another half hour. Take from oven, serve at once. Rich and tasty, full of flavor, and calories.

*CUCUMBERS* As with several vegetables, cucumbers are seldom eaten cooked in this country, though they are so served in many foreign meals. Let's just say they're pretty dandy in salads—and see Chapt. 3.

*EGGPLANT* This is another vegetable that has never been popular with American diners. It is not difficult to prepare, but as its reception by a guest is questionable, we'll have very little to say here for or about it.

In Near Eastern countries, the eggplant is almost a staple vegetable; it is used in stews, is fried, baked, used in many casserole dishes; very often it is 'stuffed' with meat, herbs, seasonings and baked. This last dish, incidentally, is delightful, and is usually called a *MOUSSAKA*. In Italy and Spain the eggplant is usually fried, and in olive oil at that; our less greasy adaption would be deep-fried slices. Some cooks first fry slices of eggplant, then use these as layers in casseroles, either with meats or with other vegetables and sauces. As this is a rather bland vegetable, spices and herbs compliment it naturally. No, not difficult, but perhaps too different. *FRIED EGGPLANT* is first sliced in rounds which are then liberally salted and allowed to draw or set for an hour or so to remove a natural bitterness. The slices are then brushed or



wiped free of excess salt, are floured, and fried. Fat should be quite hot, otherwise the vegetable will absorb too much of the grease. Cut like potatoes. The eggplant may also be French-fried. Some will like this; many more won't. So why bother?

**GREENS** At a glance, our cook will say, "Oh! You mean spinach, and like that?" Yes dear, that's what we do mean; Spinach, also Mustard Greens, Turnip greens, Beet tops, Kale, Chard, Collards, Dandelions, and so forth. Hell! Maybe if you just mowed the lawn you could cook that too. (Oh no! There's Rover!) Oh well! Fresh greens are extremely delicious, very filling, and they are very good for you without being fattening. What more can you ask? They are certainly easy to cook, and some guys do like them. Popeye fans, no doubt!

Spinach, and occasionally some other greens, do come frozen, and this can be a very practical way to buy them. However, there is a certain freshness of flavor (also possible is a little sand) about truly fresh greens, that does seem to be missing in the package product. Incidentally, unless fresh-packaged, most greens do have sand and dirt in them; they must be thoroughly washed if you don't want your dentures all gritty. Fill a large sink or a very large pan or tub, with about 10 inches of cold water. Cut the stem ends and/or the root ends, from the greens; discard these tough bits. Pick over the leaves individually, discarding bruised, yellowed, tired bits. Drop the good parts into the water. Some greens have tough stems all up the center; just tear the green part away from this stem. When all the selected green leaves or parts are in the water, sort of rub the leaves together with the hands, at the top of the water. The sand and dirt will sink to the bottom, don't stir it up. Carefully skim the leaves from the surface; put them into a colander or onto a towel. (Just look at what's left in that sink!) Drain and wash the sink; then do it all a second time. This should be enough, but if you have doubts (and who wants to eat dirt?) do it a third time. Now the fresh greens are ready to cook. Fill a very large pot with water; add a small handful of sugar. Bring to a boil. Tear the larger leaves in half; put 'em all into the water over medium heat. When again at a boil, no more than 5 minutes, skim the leaves out into a colander. Let drain; put into a pot or serving dish if to be served at once. Douse with butter, perhaps a touch of lemon juice. Don't they taste fresh and grand?

Some cooks pour bacon grease over fresh-cooked greens, or add bits of cooked bacon. Chopped hard-cooked egg is often sprinkled over them. The greens may be chopped, pureed, or creamed.

**ITALIAN STYLE** also used for other fresh vegetables is very popular with professional cooks. The cooked vegetable is thoroughly drained, a little butter, a little olive oil, and a little flavorful garlic oil—

about  $\frac{1}{4}$  each—are heated in a skillet. The greens are thrown in and tossed about 'til all coated and heated through. This makes a bright, tasty vegetable; most men will eat vegetables prepared in this style, that they might ignore otherwise. (See also Chapt. 11). Many Americans demand a touch of vinegar with any greens; at Happy House we like a squeeze of fresh lemon.

Greens are the basis in innumerable mad dishes, for instance, almost all preparations *a la Florentine*. These will have a base of chopped or pureed spinach; as **EGGS a la FLORENTINE**. A shirring dish is buttered, an inch of chopped fresh-cooked spinach goes in; 2 eggs are opened on the greens and the whole thing is lightly baked until the eggs are just set. Taken out, a little spicy tomato sauce is poured around the eggs on the spinach. The dish is served piping hot.

One more thing about greens; prepare lots of them as they seem to cook down to almost nothing. One bunch will hardly serve two. Greens—they're good for you—and certainly non-fattening.

**MUSHROOMS** Call them *cepes*, *champignons*, *hongos*, *fungi*, *pfefferlinge*, or whatever, mushrooms do add a true touch of elegance in any cooking, whether it is a simple spaghetti sauce, or a garnish for a gourmet-style *Tournedos*. They are good-looking, have and give a wonderful flavor, and are seldom cheap. Mushrooms are sold fresh and in cans in several styles and sizes. They are also sold dried. Mushrooms alone are seldom found in frozen food packaging; but often mixed with other vegetables. Dried mushrooms, which come from Italy, France, Hungary, and China, require soaking which brings out a tremendous flavor and a colored liquid that will handily color gravies. Dried mushrooms, both white and brown may cost up to \$6.00 to a pound, almost never less than \$4.00. Well, that last takes care of dried mushrooms, as far as we are concerned!

In cans, you usually have a choice of *cepes* (buttons or heads), sliced mushrooms, or stems and pieces; this in order of their cost. Stems and pieces are fine for sauces and gravies, and be sure to use all the juice in the mushroom can. Lots of flavor and color there. Sliced mushrooms are fine heated in butter and poured lavishly over steaks; using buttons for this may double cost but will be ever so much more elegant.

Fresh mushrooms are usually much larger than canned; there is no particular season for these fungus growths, but occasionally a large market will have too many of these very perishable vegetables on hand, and will have a sale. (Well, that's what the sign says!) In this country, mushrooms are mostly used as indicated above, but in many foreign lands they appear in another guise; very often they are stuffed and baked. This, my dears, is a little "chi-chi" (and a hell of a lot of trouble) so we just won't bother. Some men like mushrooms, while others push



them aside on the plate, for the cat. (The things that go into that pussy!)



Fresh mushrooms are usually washed lightly, put into water with a squeeze of lemon, brought to a boil, then—after a couple minutes—drained. After this blanching process, they may be kept some hours before the final cooking. In any basket of fresh mushrooms, possibly half will be of uniform size; these can have the stems cut off even with the bottom of the crown—making a fat, meaty button. Odd or ragged or very large mushrooms

can be sliced, or chopped for gravies or in stuffings, etc. The prepared mushrooms, blanched and cut according to desired use are lightly fried in half butter—half oil, to a light brown; not over 5 minutes. They may then be served as desired, with or without this oil-butter. A little sherry may be cooked with them, or a little brandy may be used. We add a fine recipe that we have originated (with many experiments) at Happy House. This we call *Mushroom Pie*. First: make a 7 or 8 inch pastry shell, and bake it off at 425° but only for about 7-8 minutes or until it just starts to get some color. Take at once from oven, and cool. Clean, slice, blanch, and lightly fry (see above) 1½-2 cups of fresh mushrooms. A touch of fresh garlic; a little chopped green onion, may be added if the onions are briefly fried. Make about a cup of light brown gravy:—one good way, and easy—is to use 1 can beef gravy with half a can of condensed chicken broth. This makes a sauce of just the right consistency. Put mushrooms into pie shell, season lightly; pour gravy over; shake down. Bake at 450° for about 5 minutes to heat through and brown the crust. Cut into wedges and serve with any meat dish, this is an interesting and delightful novelty.

**OKRA** This is the vegetable that is much esteemed in the South, and some parts of the mid-west. Many people are really hot for it; to others it is—N'yah! Okra is a sort of pepper; it has a peppery taste; because of its slightly thickening possibility, it is used in stews, gumbos, and such. Stewed okra and tomatoes is a fairly standard preparation; cuts of partly cooked okra can be breaded and fried (see *Deep-Fried Vegetables*, Chapt. 11). Okra is sometimes found fresh in large markets; it is more often nicely packed fresh frozen; and also comes canned. These last are sometimes whole small okra, sometimes cut okra. What t'hell, try it! You might like it, and it isn't expensive.

**ONIONS** In the opinion of many cooks, the onion is the most useful vegetable (excluding the potato) in all of cookery. By this time, even the wariest reader here will realize that onions are used in salads, roasts, sauces, gravies, stews, soups, and in almost every type of cooked dish. Onions can also be nicely served by themselves, as a cooked vegetable such as plain boiled onions. (For this, use the little ones, best bought canned, ready cooked.) They can also be creamed, baked, glazed, stuffed, fried, and so on.

**FRIED ONION** Aside from those tasty deep-fried rings of which we'll speak later, fried onions are real man food; they are particularly suitable with steaks, chops, liver, cutlets, and other fried and broiled meats. Principal fault with fried onions is that they are often served with an excess of grease. Let's do this little job step by step. It's easy. Just before you put your meat on to fry or broil (or whatever!), heat a large skillet or a heavy-bottomed saucepan; add a little oil, or bacon-fat, or shortening, no more than a Tablespoon, better less. When this fat is completely liquid and warm—not necessarily hot—put in the sliced onions. These have been peeled and crosscut into thin slices. With a fork, briskly stir the onions around until all are coated with a little of the fat. Season, if desired: salt, pepper, a good pinch of garlic powder, a pinch of MSG, and cover the pan lightly. Put over low heat and leave it alone for about 15 minutes or until it is time to dish up the meat. Then uncover; the onions will be tender and soft, but with no color. Toss in a small piece of butter and turn heat quite high. Toss onions around over this and they will quickly brown with the butter. To serve, lift onions out of the pan with a slotted spoon or skimmer, leaving as much of the grease and juice as possible in the pan. Pile the onions onto the served meat and slip it to Jim. He'll love it.

Onions may be stuffed and baked; tasty but not too practical a dish, and sorta too much trouble for our compact cook in the compact kitchen. As a matter of fact, for stews, sauces, etc., many smart cooks now use—as directed—dehydrated sliced or chopped onions. This eliminates storage, peeling, cutting, etc. Real easy, and no runny mascara, so why not?

**PARSNIPS** According to ancient Greeks, Romans, Egyptians and some other old-timers, parsnips are a mad aphrodisiac. (See Chapt. 1.) In other words, they are a potency-pepper-upper, or as golfers put it so nicely, "They put more iron in your drive." Ya get the idea? No? Hell, turn this book in for *Little Women*—you're reading the wrong material. Nevertheless, few of us virile, red-blooded American types like parsnips, and they are good! Try just plain boiled parsnips, after lightly peeling or scraping, then slicing like carrots. Cooked to just tender, drained, and with a glop of butter, then be-sprinkled with just



a very little ground nutmeg, they are truly swell! As with other root vegetables, use just enough water to cover, add a pinch of sugar, don't overcook.

If the parsnips are cut in half lengthwise, then cooked as above, these pieces may be glazed (see carrots) with butter and sugar and a touch of lemon juice. This can either be done in a skillet, on the stove, or the pieces may be pan-fried and finished in the oven. Serve with a small sprinkle or minced parsley or other fresh herb.

Sliced, cooked parsnips may be fried just like potatoes; done in bacon-fat, and with plenty of black pepper, these are really wonderful. You know, many of you people who turn up your noses at parsnips have actually never eaten any. That's about enough for parsnips, regardless of their reputation for putting fun in your gun.

Practically everyone knows that peas may be purchased fresh, canned, and dried. And, most practical pricewise and fuss-wise, we think fresh-frozen are best. Cooking for either fresh or frozen peas is about the same, except the truly fresh ones will take a little longer. But, it's so easy! Just drop the peas into a pot of hot water with a little sugar in it. Let come to a boil; cook no more than 5-6 minutes after this; if tender (What? Hell, Maude, snatch one out and pinch it!) they're done. If not to be served at once, drain and wash with cold water until the peas are cold. Then they can be held for as long as a couple days, in the 'fridge. If you are gonna put the cooked peas right on the table, just drain the cooking water away; put 'em in a serving dish, and add a good glob of butter. Cold, cooked peas—oven leftovers—may be nicely used in salads; or to serve again hot, simply drop them into some boiling water and after a minute or so, drain and serve.

Peas are sometimes served in cream sauce; are often mixed with other fresh vegetables. Leaving cooked peas in cooking water for any length of time or overcooking them will cause the bright green color and flavor to fade away and you've got nothing!

An interesting served vegetable, and one often used in Europe, is PUREE of PEAS. The old-style method of preparing this is sort of like mashing potatoes, except that the whole bit has to go through a strainer to remove the husks. Sorta messy, so modern cooks simply dump a can of concentrated Pea Soup into a double boiler, adding no liquid (as they would for soup), and heating it through. Spooned onto a plate in a nice pile, and with a piece of butter on top, you've got a really nice vegetable. It is starchy, so puree of peas could be substituted for the eternal potatoes. Tricks to every trade we always say!

Now comes Happy House's own contrived, super-duper vegetable dish that everyone loves. We call it PARISIAN PEAS, though why those Frenchies should get the credit for so many goodies we don't

know. Like the old gag: "The Irish do it, but the Greeks invariably get the credit for it!" That, of course, is something else again! First, we'll admit there's a somewhat standard recipe called *Peas Parisian* which calls for fresh peas to be cooked with butter, minced shallot, green onion, shredded lettuce, etc. It's nice, too. Our dish:

#### LE PETIT POIS au PARISIENNE

1 medium can very small peas, drained	3 or 4 medium cloves fresh garlic, minced very fine
$\frac{1}{2}$ cube butter	2 oz. medium sherry wine

Melt the butter over medium heat; fry garlic a little, but don't brown; dump in drained peas, shake around in the butter. Add sherry, cover, and set in a just-warm place on stove to keep hot while meat is cooking. This is just too much! No, girl, not too much garlic; the strong flavor sorta disappears. Cheap and easy, real different, and our own personal recipe!

**PEPPERS** These little numbers—and we refer specifically to green peppers, or bell peppers—are just fine for stuffing and baking; they also go well as a seasoning vegetable in stuffings, salads, stews, casseroles, etc., and cooked with some meats. Added green peppers make a simply wonderful dish out of a hash of chopped cooked meat, with, of course, chopped onion and seasonings. Our favorite **CORNERED BEEF HASH** has 3 cups chopped lean corned beef; one cup chopped cooked potato;  $\frac{1}{2}$  cup chopped onion;  $\frac{1}{2}$  cup chopped green pepper (or more), salt, lots of coarse-ground black pepper, and about  $\frac{1}{4}$  cup catsup all stirred together and heated through in a skillet with a little bacon-fat. Yummy! The pepper gives added flavor; same with hashes of any leftover meat (who's kidding?), as beef, chicken, turkey, etc.

Red peppers or pimientos are a similarly flavorful and colorful utility vegetable; these are much used as an accent in many dishes, stews, creamed items, salads, etc.

Chili peppers (and this includes several varieties) add color and seasoning to many dishes and sauces. These are largely (though somewhat laboriously) used in most Mexican dishes; we suggest you consult a good Mexican cookbook.

**POTATOES** (As there is so much to say about spuds, and as this chapter is already too damned long, we'll deal with these in the next chapter (Chapt. 11) along with other "weight lifters.")

**SQUASH** Here is another fine and inexpensive group of hardy vegetables, that are not getting the attention they should. There are, probably, several dozen kinds of squash (to say nothing of many sizes and shapes.) There are the hard winter squashes such as the Hubbard,



the Western Banana (a great big thing!) and some others; and in the summer there are the little summer squashes, little crooknecks, acorn, table queens (!), patty-pan, and zuchinni to name but a few. The hard-skinned squash are usually split and cut into serving pieces, greased, seasoned, and baked in a moderately hot 375° oven for about an hour. Or, the hard pulp may be dug out, boiled in a little water, then drained, seasoned and mashed to a nice smooth puree. A little butter or bacon-fat and a touch of nutmeg or cinnamon adds much to the flavor of any of these yellow squash. The green, summer varieties may simply be cut up—cooked with their skins—and either served in pieces with butter, or they may be sauced with tomato, onions, herbs, etc. Squash is a good vegetable; not fattening, and usually quite cheap. Some are found in frozen packages, though these are not always successful; the zuchinni Italian style, with tomatoes and herb seasonings are put up in cans by several companies. Fresh squash is, we think, much better. The young green summer squash and the zuchinni are best if not overcooked. Cooled, these can also be worked into vegetable salads. But alas, men don't seem to care overmuch for squash.

**TOMATOES** Aside from its uses as a salad favorite, the tomato is often passed by as a single cooked vegetable, and some tasty as well as decorative eating is so overlooked. Of course, tomatoes are used in sauces and stews and soups, and things like that; but most often the only effort to make tomatoes the vegetable dish of the meal is confined to (so-called) Scalloped Tomatoes, which are usually pretty terrible. These are usually seasoned, canned tomatoes with added bread or crackers; frankly, these often leave something to be desired. This is a really peculiar thing as tomatoes are almost the easiest, and prettiest of all vegetables to prepare, and they seem to go with almost anything else.

**BROILED TOMATOES** Simply split firm, ripe tomatoes; put a little oil on the open spit sides; put the halves on a pan—cut side up—and run 'em under a broiler until well heated through. This is about 5 minutes; the same result if tomatoes are done in a very hot (to 500°) oven. These halves may be served plain as a vegetable or garnish, as they come from broiler or oven, or to serve them extra tastily, put a glop of sour cream on each broiled half, and sprinkle this with a little dried dill, or with onion salt, or minced fresh herb, or well, something. (After 10 chapters, the patient reader here must know that a "glop" is a good spoonful. Being tricky, we ain't sayin' what sized spoon! But, on the other hand, how big is YOUR tomato?)

Some cooks put crumbs on the open side of the tomato before broiling; some add herbs, (tarragon and garlic are wonderful) and the like. Sort of along this same idea, tomatoes that are not quite ripe

can be similarly split; the cut sides dipped into seasoned crumbs. These are then fried, crumb side down, in a very little hot fat in a hot skillet. When the tomato half is just heated through and the crumbs are browned, flip 'em out with a pancake turner; lay them (browned side up!) with the meat on the service plate or plates. Easy, and good!

**TURNIPS (White and Yellow)** Here is another common or utility vegetable which is seldom seen in haunts of *le haute cuisine*; however, the French, acknowledged leaders in the world of things to eat (and ways to eat 'em) give much more attention to *les navets blancs* than do we Americans. Frankly, as many of us in this country are becoming diet conscious, we should pay more attention to this flavorful little number that has nice bulk, oodles of assorted vitamins, and very few calories. Some cooks use turnips in stews; less often in salads where they can be either raw or partially cooked. At Happy House we have turnips on the table every few days; they're cheap, and we like 'em.

We peel the turnips; cut them in dice or chunks; put into lightly sugared water; cook 'til fork tender. Drain, and douse with butter (or the low-priced spread), add a good dash of ground nutmeg, and they always seem to disappear fast. While turnips may be popularly pickled and preserved in Dogpatch by Mammy Yokum, there are many diners will not seem to know what the turnip is.

We use the same general preparation (above) for yellow turnips or Rutabagas as they are sometimes called. Some cooks boil these 'til quite done, then mash and whip as potatoes with added butter and seasonings. Tricky and secretive European chefs grate a little yellow turnip into goulash for that old country flavor. A Continental trick (and who minds a trick that's both different and pleasing to your taste!)

**YAMS and SWEET POTATOES** While some may believe that these two are the same, this is not so. While they may be of similar shape, the textures and flavors are entirely different. Yams are usually the cheaper of the two, are more plentiful in the market. This vegetable is seldom found fresh frozen. They are often canned, and yams, at least, are on the produce stands a good part of the year.

We prefer the sweet potato, and believe that the simple preparations are best. We boil 'em to not quite done, peel them, then finish them in the oven for a few minutes. Depending on the size, the average sweet potato is cooked about an hour, (in all) this way. To simply bake them, as we do baked potatoes, one should allow 1½ hrs. The cooked potato may simply be served with butter, or with pan drippings, though some odd souls prefer to glaze them with sugar and spices, even with oranges, marshmallows (god forbid!) and the like. Either of these may be mashed as potatoes, or they may be partly



cooked, cut into spears and french-fried. (Very good, too.) Leftover cooked sweet potato and yams may be pan-fried or made into cakes and fried. The raw potato, grown in a glass jar of water, will also make a mad kitchen plant with vines all over the joint.

*ZUCHINNI* (See Squash)

Well, my dears! That (and a part of the next chapter) seems to cover most of the vegetables. Remember, simple is the word, and don't overcook 'em. We still say that if your method is to feed 'em first, feed 'em well; perhaps they'll do as much for you!

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## CHAPTER ELEVEN

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### *Loose Ends...including Potatoes and Weight Lifters*

#### *Potatoes*

Baked  
boiled  
roast  
jacket  
Delmonico  
Potato Salad  
Mashed  
Scalloped  
    *scalloped with Pork Chops*  
Fried potatoes  
    Hash browned  
    German fried  
    American fried  
    Lyonnaise  
    Paysanne  
    Japanese  
    Cottage fried  
Potato Pancakes  
    *Kartofel Pfankuchen*  
Latkes  
Kugel  
French Fried Potatoes

#### *Potato Hints . . .*

Deep-frying  
Deep-fried Vegetables  
    Standard Breading  
    Standard Frying Batter  
    Italian-fried Vegetables  
Dried Vegetables  
Rice  
    Oriental-style  
    Home-style  
    Pilaf, etc.  
    Risotto Milanaise  
    Arroz con Pollo  
    Spanish Rice  
    Jambalaya  
    Saffron Rice  
Beans (dried), etc.  
Kasha  
Pastas, etc.  
    Macaroni and Cheese  
Odds and Ends  
    Quick Beef Stew  
    Quick small Pizza



# ELEVEN

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In this chapter we're gonna deal with a lot of things that just didn't get mentioned earlier.

First, let's gas a bit about POTATOES, which are fine food and about which there are some really crazy ideas. Of course, now we've got all kinds of processed potatoes like "just add water." Whammo! an' you've got deep fried Potato Chips. Or something. Actually, this isn't all so new; the Indians in Peru were processing 'em four centuries ago . . .

According to Prescott, Peru's eminent historian, the most valuable item Spain's marauding Conquistadores brought home was the lowly potato. Eventually it was worth more than the complete output of the mines of Potosi and more valuable as a crop in one year than the fabled worth of the golden Inca Temple of the Sun! Yep! Plain ol' spuds.

Peculiarly, in light of our modern ways with potatoes, a Spanish captain found storehouses full of potatoes processed as a staple food. He noted that they were first cured by frost, then sun-dried. In this state the potato could be kept in vast quantities and for as long as necessary; culture of the potato was highly developed, and many



varieties were grown.

Sometimes about 1570 specimens of the potato were carried to Spain, where people were little interested. From here they went to Italy, as a curiosity, and in 1588 records show that a keeper of the Royal Botanical Gardens in Vienna started to cultivate the tubers.

There are some gay stories that Raleigh and/or Drake, brought the potato from Virginia to Ireland. T'ain't so; potatoes were not grown in Virginia in their time. That bit about Raleigh is pure Irish blarney. Raleigh, you may recall, was that Elizabethan character who wore earrings, to say nothing of his embroidered and padded cod-piece. At least, this is what we gather from portraits in the British Museum. In any case, while Raleigh may have had his points, he didn't do anything with potatoes, no matter what your history book may say. Historical research also tells us that Raleigh's contemporary, Drake, who is alleged to have cruised in San Francisco before anyone else, brought potatoes to Germany, but don't ask why. Very possibly, these two old seadogs may have brought peanuts to Britain, where they were promptly called ground-nuts. But potatoes, N'yet!

Next we note that this character back in Vienna was experimenting gayly with potatoes, and—(there must be some connection)—Marie Antoinette of France, late of Vienna, was going around to mad drags with potato blossoms in her hair. She is known to have said that *pommes d'terre* (earth apples) were the original fruit that tempted Adam. How mad can a queen get? This one eventually lost her head in some sort of a traffic accident, and that stopped the blossoms-in-hair bit. However, as this gal was thought of as a strumpet by some British clergy, Scotch ministers banned potatoes in the highlands whether the Lairds had any or not. So naturally poor folks began to raise the things.

As a matter of fact, poor people all over Europe were growing potatoes; they found that they were not only edible, but cheap and filling. Some mittel-Europeans, fleeing from their homes for some reason or other, got to Ireland, and they brought along their potatoes. But some of these characters found that they didn't like those Irishers (that early Third Avenue crowd) and a bunch came from Ireland to New Hampshire, in 1719. These people grew the first potatoes raised in the United States; and this was 130 years after Raleigh and Drake cruised the East Coast. The potato situation is much better now. (So is the cruising!)

Then, in 1840 or so a blight got into the Irish and European potatoes, killing the crops. Hundreds of thousands of old country characters dashed madly to this country just to get their 'taties (it says here).

Enough history; currently, potatoes are considered a most fattening food, simply because someone listed them as starchy foods. This (too) is wrong; the potato is almost 80% water, often less than 12%

starch. A medium-sized potato contains about 100 calories; 2 eggs have at least 125, 2 slices of bread 150. A medium sized baking powder biscuit has well over 100 calories; a good apple, pear, orange, etc., have as many. This calorie rating, of course, does not include the  $\frac{1}{2}$  lb. of butter, the sour cream, chopped bacon, rich gravy or frying fat that seem to crop up with served potatoes; these "accompaniments" could make the potato somewhat calorie-heavy.

**POTATOES** Extensive cookbooks and other culinary encyclopedias list as many as 500 standard potato preparations; here we'll make do with a score, best fitted to our compact kitchen. Easiest, and best from a male point of preference is a good BAKED POTATO. Idaho Russets, (the dirty looking kind, not always available), are best for this. Scrub 'em with a brush, then oil or grease 'em, with bacon grease; put the potatoes into a 375° oven for about an hour, or a little more if they're large. After about half an hour, turn 'em over. We feel that tinfoil-wrap is a lot of unnecessary jazz. When out of the oven, just split the potato, stick in some butter, salt and pepper, and eat it. Men like them!

**BOILED POTATOES** As with almost all potato recipes, use 1 medium large or 2 medium small potatoes for each serving. Peel the potatoes thinly, cut in half if you like; put into water, and boil 'til tender to a fork. Salt? Hell, girl, put salt in the water if you like; we don't. Drain, serve at once with butter; adding a touch of minced parsley or a dash of paprika if you feel fancy, and so many of you do. These are especially good with boiled meats.

**ROAST POTATOES** Peel medium-small potatoes, put into roast pan with roasting meats for last hour of roasting; turn once or twice to brown on all sides. Serve with the cooked meat, etc.

**JACKET POTATOES** Sometimes small, new potatoes are washed, cooked, and served in their skins. Otherwise, any scrubbed potato boiled without peeling, is a jacket potato. Potatoes to be used in second preparations, such as fried potatoes, or potato salad, are first cooked this way. Drained when just tender, and peeled as soon as cooled enough to handle, the jacket potatoes are sliced or chopped or diced for further uses.

**DELMONICO POTATOES** To one large cupful of cooked (jacket) potatoes, sliced or in  $\frac{1}{4}$  inch dice, and 1 cup (or more) of medium cream sauce (canned white sauce) and 2 heaping Tbs. of sliced prepared (canned) mushrooms. Use salt, white pepper to taste; a little melted butter. Heat together; serve.



## POTATO SALAD

2 cups sliced or diced cooked potato	salt & pepper
1 hardboiled egg—chopped	optional: 1 tsp. mustard; chopped green pepper, chopped celery, pimiento, bacon, parsley, chopped pickle or pickle relish, ½ tsp. celery seed, etc.
2 green onions—chopped (optional)	
4 Tbs. vinegar	
4 Tbs. salad dressing (mayonnaise-type)	

As with other recipes calling for cooked potato, leftover baked or boiled potatoes may be used; we always bake a couple extra; then peel these and put them away for salad or frying, or whatever comes to mind. It's just as easy, May, to put in 4 as 2; you with that BIG oven!

**MASHED POTATO** Most men like mashed potatoes; and they do seem to have a particular get-togetherness with most roasts, stews, some fried meats, etc. They usually also seem to need plenty of good, rich, meaty gravy with them. Old-style preparation calls for boiling the peeled spuds, draining when tender, then mashing or whipping to a smooth puree, with added cream or milk, salt and pepper, butter (or at least, the low-priced spread). If you do 'em this way, remember to warm the cream or milk; added cold to hot potatoes, it will make 'em soggy. However, nowadays almost everyone uses the packaged instant potatoes, which eliminates all that hard hand job. But follow the directions carefully. Also, the package that says "serves six" will actually barely serve three.

**SCALLOPED POTATOES** This is an old favorite, is full of calories (fattening as hell! Watch it!) And it takes an hour or more to prepare, whether you do it with packaged, instant, scalloped potatoes or start with some uncooked (raw) potato. As there is no saving in time, it seems reasonable to do it the old-fashioned way (Hmml!), which at least will cost only about half as much. Use one large peeled, uncooked potato for each person to be served; and for each large potato use about 1 Tbs. flour, about 1 cup of milk, salt and pepper. Some thinly sliced onion may be added. Oil or grease a casserole or baking dish; it should be at least 3 inches deep. Peel the potatoes, slice as thinly as possible; put about ⅓ of them into casserole; sprinkle with flour and seasoning and some of the onion if used. Do the same with a second and third layer. Fill dish with milk—just enough to cover potatoes. Cover the container; put it into a 375° oven. We suggest you have a large pan under these in the oven as they usually cook over, and that's hard to clean. After half-hour, remove the lid; cook for an other half-hour or until potatoes test done with a fork. If, towards the

end of the cooking, they seem to dry up a bit on top, add a little more milk. Serve directly from the casserole at the table.

**Scalloped Potatoes with Pork Chops** A real fine one dish meal is made if you also brown two or three thick pork chops in a hot skillet before putting potatoes in oven. It is best to remove bones from the chops, a little mustard may be added to them. When they are nicely browned on both sides, simply lay them on top of the ready casserole of scalloped potatoes. Add just a little more milk, to just cover the meat. Bake as above (for scalloped potatoes). This dish should take just over an hour in the oven; and is very tasty—especially on a cold night. Serve this with some plain, fresh, green vegetable such as Brussels Sprouts or some greens. Real marvey!

**FRIED POTATOES** Let's do this ordinary bit real quick-like. Cooked potatoes are cut, chopped, shredded, sliced, or diced; then fried in a skillet with hot fat, oil, shortening, etc. until nice and brown on one side. Flipped over they're browned on t'other side, then slid off onto a hot plate. If the potatoes are boiled or baked, and are shredded or chopped fine, they're called HASHED BROWN. If the potatoes are sliced sorta thick, and cooked with plenty of pepper, a little salt, they're GERMAN FRIED or AMERICAN FRIED. If some sliced onion is lightly cooked in the skillet first, then sliced potatoes stirred in with seasoning, and the whole fried and tossed together, these are LYONNAISE POTATOES. A little minced parsley can be added to these; if a little of some other herbs such as oregano, basil, rosemary, tarragon (very little of this last goes a long way), or even a good sprinkle of those mixed Italian Herbs we put together some chapters back; with salt and pepper, maybe even some minced fresh green onion, you have PAYSANNE POTATOES. We like cooked potatoes sliced, some green onion chopped, some fresh ginger rooted shredded or minced, salt, coarse black pepper all fried together. As this style comes to us from some Japanese-Hawaiians, we just call it JAPANESE POTATOES. And, it's real tasty! If sliced thin, raw potatoes are cooked in a skillet, these are COTTAGE FRIED. These are fine, too, but there are a couple of tricks to even this simple dish, and who wants to miss an easy trick? The raw potatoes are peeled and sliced quite thin; a little fat (we love bacon-fat for all potato frying) is heated to almost smoking in the skillet (don't attempt to use a thin or tin frying pan, potatoes will just burn). Lay potatoes in, usually in a rose petal or daisy design (Jeez!), and put pan onto high heat. Dribble in more fat over the potatoes, then a little salt and pepper. Shake pan gently to prevent sticking, but not enough to disarrange the design. As new fat attains high heat, take pan from the stove-top and put the whole thing into a 400° oven for about 8 to 10 minutes. Test with a fork to see when the



potatoes are cooked through; carefully (put a small plate or saucer over potatoes, holding them in place as you pour) pour off fat. Put plate over potatoes; quickly and dexterously invert skillet and now you've got the fancy potatoes brown side up (they're tastiest position) on the plate. Slip 'em on the table. This bit does take a little practice, but what doesn't? They're real good, and pretty, too.

**POTATO PANCAKES** These are a little work if done in proper German style. **KARTOFEL PFANKUCHEN** for 2; 4-6 cakes:

2 large (or 3 medium) potatoes, peeled, grated or fine shred  
1 cup rich milk  
1 egg, beaten  
2 Tbs. flour or fine cracker meal  
salt, pepper, dash of nutmeg  
frying fat (and we still like bacon grease)

Beat egg and milk together, grate potatoes right into this. Stir in flour, seasoning; cover with damp cloth, let stand for half hour. If there is quite a lot of excess liquid at the top, pour a little off. (Save it, you may need it later.) Stirred up, this should be like a thick hotcake batter. Heat a large skillet; use about one quarter inch of fat; heat almost to smoking. Use about 2 Tbs. or a large work-spoon of the batter for each cake. You can make 3 or 4 at a time in a 10" skillet. Spoon into fat, spread from center to sides of each cake with back of spoon. These will take a time to cook; remember, this is raw potato. If they seem to brown too fast, reduce heat; be sure to turn it up again when putting in next batch. When edges are crinkly brown, turn each cake over and cook about same time on the other side. Take out of the fat with a slotted pancake-turner; put cakes onto a paper towel on a pan or plate, and put this into a 250° oven to keep warm while frying the next panful. Then, serve 'em all hot at once. These are good with many meat dishes, particularly with pot-roast, such as Sauerbraten. A little trouble, but a fine dish.

Jewish-style potato pancakes are called **POTATO LATKES**. These are made a little larger and a little thicker than the German-style cakes above. The trick here seems to be to cook the cakes through and still keep 'em light, not soggy. For 2 servings (4 *latkes*):

3 medium sized potatoes, peeled, grated fine	3 Tbs. very fine cracker meal or matzo meal
1 small onion, grated	½ tsp. Baking Powder
1 tsp. salt	(We use 3 rounded Tbs. pre- pared pancake mix plus 1 Tbs.
½ tsp. white pepper	

pinch dehydrated garlic  
1 tsp. minced parsley

matzo meal in place of last two  
items)  
1 medium egg

Beat egg. Grate onion; grate potato, stirring them at once into the egg to keep from darkening. Stir in onion parsley, and seasonings. Stir in flour and baking powder (or pancake mix and matzo meal). This should make a fairly heavy batter for about 4 *latkes*. Put spoonful into hot grease in pan, and spread it. Add another spoonful on top of this, spread. Cakes should be oval, about 4 inches long, 2½ inches wide, and about a half inch thick, or (What the hell!) whatever shape you like! Cook until well browned; carefully turn, and brown again. Take out of the grease, put in a pie-pan or such and put into 375° oven for 10-15 minutes. A little trouble but very tasty.

Another very fine potato dish is also a Middle-European-Jewish adaption; is called a **POTATO KUGEL** (potato pudding):

Beat 1½ cups milk, with  
1 or 2 eggs. Grate or shred into this:  
2 large (or 3 medium) potatoes (raw), and also grate  
1 small onion. Add:  
½ tsp. Baking Powder; salt, pepper, pinch nutmeg

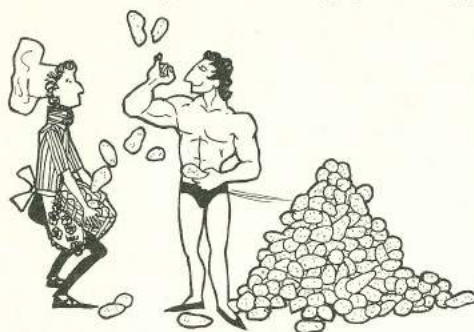
Pour into buttered or greased casserole or pan; bake in 325° to 350° for a little over an hour. When put into oven, liquid should cover the potatoes. Taken out, 'custard' should be a nice crusty brown on top. Serve at once.

**FRENCH FRIED POTATOES** At last we seem to get to this old standby which is served so much in public eating places and so poorly. But let's make some at home; we say: buy the frozen ones that are already half cooked. Just put these in a pie pan, put a piece of butter on 'em, put 'em into a 400° oven for 15-20 minutes, shaking 'em up once or twice. Or, do it the hard way, if you have any kind of deep-fat fryer. (See further in this chapter about "care and feeding of a fryer.")

First, peel and cut the potatoes (best use Grade A Bakers) into the size and shape that you want them; some like 'em big, some like 'em small (ain't it always so, dearie!) and then fry 'em. Of course, it's not really all that simple. It is customary—and practical—to partially fry the potato pieces first; then to hold these blanched potatoes until needed, when they are again dunked in even hotter fat to quickly brown and heat through. Out of the first frying, they should be dumped (carefully so as no to break) onto paper towels or several thicknesses of newspaper. The fat for frying should always be clean, without specks and



without sediment in the bottom of the fryer. For the first frying, the grease should be moderately hot; potatoes will sizzle when put into it. Incidentally, when cutting potatoes, put them at once into a pan



of cold or iced water, or they will discolor. When you want to fry them, and you can do this a few at a time, take out a handful and dry 'em on a towel. Putting water (or very wet potatoes) into hot fat, may make the fat boil all over the place. Shake the potato pieces around in the basket (don't try to do too many at once).

After awhile, when they seem to be getting a light brown, take a piece out and pinch it. If it is cooked through it will sort of mash between your fingers; at least, you'll be able to tell if it isn't cooked yet. When the pieces test cooked, then dump them out onto papers and dry a new basketful, giving the fat a minute or so to get hot again. It is hard to say exactly how hot the fat should be; but certainly better too hot than too cool. Things put into grease that is not hot enough will simply absorb the fat and the resultant product will be greasy and unappetizing.

A brief word about sizes (potato!) for you connoisseurs: very fine-cut strips are called straw potatoes, and these only need a single cooking. Somewhat larger, about pencil size, are what we call shoestring potatoes. This is the size usually served in restaurants, drive-ins, theater lobbies, ball games, and similar spots. They are usually more grease than potato; often too long or too often reheated or are simply soggy and cold. A piece about the size of the little finger by about 5 inches long, is a proper french fry; Italian-fried are slightly larger and with uneven ends; Long Branch are a little bigger yet and so it goes.

To close out this Potato bit let's suggest a few ideas that have always seemed good to us!

Potato Hints:

1. Prick baked potatoes a few times with a sharp fork before baking; this will let steam out, make a mealier potato.
2. Be sure to drain potatoes thoroughly that have been cooked to mash; even swish 'em around in the dry pot, over flame, for a minute or so.
3. Do not add cold cream or milk; make it warm at least.
4. A good pinch of baking powder tossed in with salt and white

pepper and butter will make mashed potatoes fluffier.

5. Peel potatoes as thinly as possible; it is said the vitamins n' stuff like that are close under the skin.

6. A pinch of nutmeg will liven up creamed or scalloped spuds.

7. Potatoes may be peeled long before they are to be used, IF they are kept covered with water until needed.

8. Grate raw potato—about 1 medium-sized to 1½ lbs. of meat—into meat loafs, hamburgers and hamburger steaks. Adds to quantity; keeps meat loaf moist; helps to cut it, etc.

9. Russet potatoes (the dark and dirty ones) are better, all-around, than the cleaner white-skinned potatoes. Except, of course, the new and small rose potatoes which are cooked whole, often in their skins.

**DEEP FRYING** Deep-fryers are usually of two kinds, one electric, the other a simple, heavy pot with a suspended basket that is heated on a burner of the stove. Fat used may be any shortening, salad oil, or lard, or a mixture of any of these. There are some shortenings especially made to withstand the intense heat of deep-frying; it is perhaps best to try one of these. The fryer, of whichever type, should be filled a little over half full. If fat is overheated it will burn and smoke; if used when not hot enough, the item fried will simply absorb the not-hot-enough fat, and be unpleasantly greasy when eventually cooked. Fat in the fryer should be heated over low or medium heat, so as to heat completely through evenly; if not, fats on bottom and at sides may smoke, while center of fat is still cool. This is a most common misuse of deep-fryers. So heat it slowly. It is better to have the whole pot of fat a little too hot and to see that the crust or breading of the cooking food is just a light, golden brown. Then it is quickly taken out of the fat, drained (on paper), put on a pie plate or other pan. Finish cooking in a medium hot (375°) oven. Heavy pieces, such as chicken legs, etc., would quickly brown on the outside while still being uncooked at the bone; these heavier pieces particularly, should be finished in the oven.

Most vegetables, however, are usually partially cooked (by boiling) before breading or otherwise preparing for the deep-fryer; the usual time in the fat sufficient to brown the coating will probably be sufficient to finish cooking the vegetable through.

As bits of breading, and/or butter, will come off the item being deep-fried, and will drop to the bottom of the pot, the frying fat should be strained while still hot after all frying for the meal is done. While the fryer is empty it should be wiped out with a dry cloth or with paper towels, or even with some wadded newspaper; then the well-strained fats may be returned to the pot. The wire basket should also be wiped clean; then it may be replaced in the fat, in the pot. The out-



of-use deep-fryer, with its properly cleaned fat, may be stored in any cool dry place until next use; not necessarily in the 'fridge, but away from the heat of the stove. To use again it is simply slowly reheated; additional new fat may be added if needed. The hot fats are best strained through a cloth; though some paper towels (over a wire strainer) will do the trick.

Frying fat is usually hot enough if a cube of bread browns nicely in 30-40 seconds; if less the fat may be too hot. The frying property of the fat will slightly deteriorate with each use; after several uses perhaps even a dozen it will no longer brown properly, and this will never do! It is best to simply discard the used fat (NOT in the sink! No . . . not in the biffy either! Put it into an empty tin can; let it cool; put it cold in the 'fridge, where it will set solid. Put can of cold fat into a paper bag and into the trash). Wipe out the fryer. NO WATER! Fill with fresh fat and start again.

**DEEP-FRIED VEGETABLES** To cooks, even compact ones, who are lucky enough to have a deep-fryer, there is a whole list of possibilities in the vegetable line that is much overlooked by American cooks. Of course, we've all heard of French-frying, and know that it indicates foods fried in hot, deep fat. Some of these things are partially pre-cooked; are breaded or battered; then re-dunked in the hot grease. What few of us know is that those sneaky French don't have a corner on this at all; the Russians do it, if and when they have anything to fry or fat to fry it in; the Chinese are old hands at this bit. Deep-fried foods such as *tempura* are a principal feature of Japanese cooking, where it is called *agemono*.

Those clever Italians have divided their deep-frying into 3 or 4 groupings and listings, and make quite a thing of it, particularly with deep-fried vegetables. These are called *fritto-misto de vegetale* (mixed fried vegetables). There is also a *fritto-misto de pesce* (fish); *Fritto-misto de carne* (meat); *de pollo* (chicken); and even of certain sweets, called *fritto de dolce*. Oh, those Italians know a good thing when they see it!

With raw vegetables that are not breaded or battered such as potatoes, it is customary to first blanch them as noted above; then to finish them later.

Potatoes or any other deep-fried foods should only be salted just as served. Salt or water in the deep-frying fat will ruin it, or break it down, and will usually cause it to boil over on the stove. Very, very messy!

While many Americans have eaten only French fried potatoes, many vegetables can be so cooked. Besides, pre-cooking and breading can be done handily in advance and the finished cooking done at

service-time. Let's briefly see what can be done with some vegetables and a deep-fat fryer.

**Asparagus:** Fresh tips, pre-cooked not quite tender; breaded and deep-fried. Very firm canned tips, breaded, deep-fried, or either may be 'battered' instead of breaded; fried.

**Broccoli:** possible, as above, but hardly advisable.

**Carrots:** Cooked tender; small whole ones or quartered larger ones in 3 inch long pieces; lightly breaded; deep-fried.

**Cauliflower:** (sections), flowers cooked not too well done, breaded, fried, or small flowers in batter, deep-fried.

**Celery:** cooked stalks, split if wide, not over 3-4 inches, breaded or battered and deep-fried.

**Cukes:** average size cut across middle; each half quartered, making 8 pieces; raw and not peeled; breaded and deep-fried.

**Eggplant:** slices or spears, etc. first brought just to boil in very heavily salted water, drained well, breaded, deep-fried.

**Mushrooms:** Fresh mushrooms, washed and dried, may be quickly cooked in deep fryer. Do not bread.

**Okra:** whole okra, lightly boiled, drained, breaded, deep-fried.

**Onions:** French-fried onions are a great favorite. Cut in fairly thick rings, using onions with heavy rings such as Spanish (red), or yellow-browns. White onions have thin rings; not good for this. Some cooks flour rings; dip in a batter; deep-fry. We prefer a double or triple breading: (1) into flour; (2) into dip (see below), or plain buttermilk; (3) again into flour; (4) again into dip or buttermilk; (5) and again into flour. Then they are fried in quite hot deep-fat. Will need turning for even frying; fry not too many at a time. Drain on paper at once after taking from grease. Rings may be held for few minutes, or while frying more in a 250° oven. Salt just before serving; or use celery salt for an added flavor. Do not let these stand; they must be crisp and hot. A little practice will turn out fine French-Fried Onion Rings.

**Parsnips:** As with carrots, just-cooked spears of parsnip are breaded; then deep-fried. These are delicious!

**Squash:** Zucchini may be deep-fried, just as cucumbers (see above). Some other squash, the hard ones, in pieces would require pre-cooking (boiling), then could be breaded and deep-fried.

**Tomatoes:** Small, not too ripe tomatoes can be peeled, halved, breaded, deep-fried. We think they are better broiled or fried (Chapt. 10).

**Turnips:** Precooled spears of turnip could be deep-fried as we have suggested for carrots and parsnips; but again we think these are better just plain boiled with a little butter and nutmeg on them.



And so it goes with the deep-fried vegetable bit; a mixture of several kinds of vegetables, nicely breaded and fried, is a pleasure to see and to eat. Almost any combinations of the above would make a nice plateful or use just one kind. Be sure to clean the frying-fat after use.

**STANDARD BREADING PROCEDURE** This is for meats, fish, poultry, vegetables, etc. A couple of flat pans and a bowl are needed. In the first pan: flour, with salt, pepper, possibly some MSG. In the bowl: the DIP consisting of 2 beaten eggs,  $\frac{1}{2}$  cup water;  $\frac{1}{2}$  cup milk. For a lighter batter use only one egg, or more liquid. Many cooks simply use plain buttermilk for a dip; we prefer it for chicken. In the third pan:

*$\frac{1}{2}$  fine bread or cracker crumbs, or cracker meal, etc.*

*$\frac{1}{2}$  flour. Add some paprika and mix together.*

Dip item in flour (pan 1); shake off excess; then into DIP; then into crumbs (pan 3). Press crumbs firmly onto pieces, shake excess off. Lay in single layer on wax paper, covered with waxed paper, 'til used. Items may well be breaded ahead and kept in cold dry place for few hours. Long stay in 'fridge or in other moist cold, would make breading soggy and it would probably come off in frying.

Another deep-frying cover, is a **STANDARD FRYING BATTER**. Mix in a bowl:

1 cup all-purpose flour sifted with:

$\frac{1}{4}$  tsp. salt; pinch white pepper; 1 scant tsp. Baking Powder. Combine 2 well beaten eggs with  $\frac{1}{2}$  cup cold milk. Gradually stir into flour mixture. When all mixed, stir in 1 scant Tbs. olive oil, or salad oil, or liquid shortening, or melted butter. Some cooks separate the eggs; mix yolks with milk, etc., and after oil is in mix, fold in stiffly beaten whites. Some batters—and there are many—substitute beer for the milk. How crazy can ya get! That stuff is for drinkin'; standin' up or layin' down ya *drinks* beer!

**ITALIAN-STYLE (pan fried) VEGETABLES** A method of preparation that has been blamed on Italians, and is featured in most American-Italian restaurants, is to take bright, fresh or frozen vegetables, that are cooked to not-quite-tender, (*al dente* . . . if you'd like to be very Italian about it), using a single vegetable or a mixture of 2 or more. These are tossed in a skillet 'til very hot through, with a generous spoonful of olive oil and garlic oil. (Note: All Italian cooks have a bottle of garlic oil on hand—see Chapt. 3). This quick reheating keeps the vegetables bright, colorful, and very, very tasty! Almost any combination of just-cooked vegetables may be used; spinach is usually one.

Or any vegetable may be done singly. This is a real handy preparation, as the vegetables may be blanched or pre-cooked as far ahead as the day before. Cook in lightly sugared water, then drain again and put in the 'fridge until needed. This Italian pan-frying takes only a couple of minutes when you are ready. (Don't so many good things?)

Let's go all the way: there is one other popular method of cooking vegetables, particularly peas and beans, that is much in favor in Italy. About a cup and a half of water goes into a small saucepan; a heaped tablespoon of butter is added; a pinch of sugar. As this comes to a boil, add a cupful of peas or green beans. This pot may be partially covered, but steam should escape. Let the mixture cook down 'til most of the water evaporates which will leave seasoned, cooked peas—or beans—in butter. Cute?

**DRIED VEGETABLES** Right away, we come to a lot of dried up numbers, and these have never been of particular interest; so we'll just grope our way through with as much haste as possible.

**RICE** Two thirds of the world's people eat rice as the principle staple of their diet so it must have something. Comparatively few American cooks have constant success with rice; some never have. In Chapter 4 we've gone on in some detail about how to cook plain rice; let's not do it all over again.

Among rice dishes found around the world, most notable are: *Pilav*, or *Pilaf* (many spellings, many lands, many recipes); *Pilau* in most East and West Indies; *Arroz* in Spanish-Latin countries; Italy's *Risotto*, and so on. All are somewhat similar in preparation, though the Near Eastern *Pilaf* seems to omit much of the initial fat that would be used, say, in a *risotto*. To make a *Pilaf* (for 2) have ready:

1 tsp. olive oil

2 Tbs. minced onion and garlic

$\frac{1}{2}$  tsp. crumbled oregano leaf

$\frac{1}{2}$  tsp. salt

$\frac{3}{4}$  cup rice, well washed and drained

2 full cups stock (consomme) or other; preferably from lamb bones

Lightly fry minced onion and garlic in oil, do not brown. Dump in washed rice; add salt, oregano. Mix together over low heat. Pour in  $1\frac{1}{2}$  cups lamb (or other) stock. Cover tightly. Cook over medium heat for 5 minutes; gradually reduce heat to low, cooking for 20 minutes. Set oven at 350°. At end of this cooking time, uncover rice; stir in—with long-tined fork—remaining half cup of (warmed) stock. Put uncovered pot into oven. Bake for 15 minutes. Rice will be flaky, flavorful. And, if you should know a handsome young "Greek God," this should make him . . . er, "go."



**RISOTTO MILANAISE** This is the classic version of the rice dish, and there are probably as many variations as there are Italian communities.

1 Tbs. olive oil	$\frac{1}{2}$ cup rice, washed and drained
1 Tbs. melted butter	2 full cups stock-beef and/or
1 tsp. garlic oil	chicken
2 Tbs. minced onion, garlic	2 to 4 rounded Tbs. grated Parmesan
$\frac{1}{2}$ tsp. salt	opt: $\frac{1}{4}$ tsp. ground saffron
$\frac{1}{2}$ tsp. crumbled oregano, basil leaf	opt: 1 Tbs. tomato paste
	opt: 2 Tbs. lean ham, in small dice

Use a heavy-bottomed pot for this. Heat combined oils and butter, not excessively; cook onion-garlic to transparent. Do not fry or brown. Add washed rice; stir it around in fat (with wooden fork) 'til each grain is separate, oily, glistening (about 5 minutes). Raise heat a little; pour in  $1\frac{1}{2}$  cups stock gradually, stirring steadily 'til almost at a boil (not quite!). Add salt, oregano and basil leaves. Let cook; shaking pot and stirring with that ol' wooden fork, for 15 minutes until much of the stock is absorbed. Meanwhile, bring remaining  $\frac{1}{2}$  cup (or little more) stock almost to a boil; add powdered saffron to it. If shred saffron is used, the stock will have to be strained. Set oven at  $375^{\circ}$ . Let saffron-stock simmer 5 minutes or so until it is a brilliant yellow and pungent. By this time much of the stock in the other pot has been absorbed by the rice; if to be used, stir in tomato paste and diced ham. Stir in saffron stock mixing well, then stir in the grated cheese. Put pot into oven for 15 minutes, after which time *risotto* should be flaky and good. Garlic, herbs, saffron, and cheese, may be used in this recipe, according to taste. Serve with more cheese in side dish, and a bowl of any flavorful Italian sauce, if desired. Many Latin-Spanish countries make similar rice dishes, and many of these are heavily flavored with saffron; all also usually include a little of some herb, onion and garlic. Chicken stock is much favored as a liquid in many cases, such as Mexico's *ARROZ con POLLO* where the chicken is actually cooked along with the rice, which tastily absorbs its fat and savor. Spain's famed *PAELLA* goes even further, as not only chicken is cooked with the rice, but shrimps, clams, mussels, lobster—any or all—are cooked with the rice as well. This may sound just "too much" but, a good *PAELLA a la VALENCIANA* is a marvelous meal.

East and West Indian *Pilafs* are more similar to Greek and Near Eastern *pilafs*, but are often highly seasoned with spices and herbs. Some Arabian and Persian rice dishes, however, are rather sweet and may contain nuts, raisins, fruits, as well as cinnamon, etc. A West Indian rice dish, also very popular in some Gulf Coast cities such as

New Orleans is called a *JAMBALAYA*. Ham and/or bacon (and their fats) are included here, with some blanched (partly cooked) vegetables such as onion, celery, peppers, fresh tomato, etc., tossed into the pot. Stock is possibly chicken, often part tomato juice. This brings us to the often sad American version called *SPANISH RICE*. Here, rice with possibly a little onion, is cooked with tomato juice as stock. While there is really nothing wrong with this as an idea; a great many 'home-cooks' don't know about washing rice, with a resultant gummy, soggy, heavy-sort of pudding.

And while we're at it many gourmets have found that *SAFFRON RICE* is an ideal accompaniment to any of the exotic curries in Chapt. 4. Simple, and real tasty, if you find that you like the taste and fragrance of saffron. Proceed exactly as for Oriental Rice; when water is finally measured onto washed rice in the pot, with the water an inch over the grains, carefully pour this water off the rice, setting the pot of rice aside for a few minutes. (This is before the rice is cooked!) With the water, and an added half cup, in another small pot, drop into it a  $\frac{1}{2}$  tsp. of shredded saffron or less. Bring this to a near boil; let steep for 3-5 minutes. The color of the water should be a violent yellow, and the aroma from it very pungent. Strain this liquid, through a cloth or a fine hair strainer, pour back over the uncooked rice; shake to mix. Then, continue as for Oriental Rice preparation. Cooked rice will be just as flaky, but it will be a brilliant yellow, and very aromatic. Incidentally, use saffron sparingly; some is fresher than others, and also stronger, and some people may not care for it at first. Another reason to be sparing of saffron is that it costs about \$80.00 a lb., and that, my dears, is expensive eating.

Leftover boiled rice may be used for many things; in muffins, hot-cakes, soup, etc., but best in a *RICE CUSTARD PUDDING*:

4 eggs, beaten	$\frac{1}{2}$ tsp. Vanilla, few drops Almond
2 $\frac{1}{2}$ cups milk	$\frac{1}{4}$ tsp. lemon extracts
$\frac{1}{2}$ to $\frac{1}{2}$ cups sugar	sprinkle of nutmeg
$\frac{1}{2}$ tsp. salt	1-1 $\frac{1}{2}$ cups dry, cooked rice

You'll need a double boiler, and either a casserole or about 6 individual custard baking cups lightly greased or buttered. Set oven at  $325^{\circ}$ ; have pan with 1-2 inches of water in it, in which to set the cups or casserole. Over medium heat, in the top-pan of the double boiler, heat milk, salt, sugar, flavorings. Beat eggs in separate bowl. Then whipping steadily, pour in about one-half cup of the hot milk, beating it into the eggs. Still whipping steadily, pour eggs back slowly into balance of milk, which is now on top of boiler. Cover, let cool. Take the top-pot—with the custard in it—out of the boiler part and set on inverted muffin tin or rack to cool. If you set the pan flat it'll be soggy



an' you know what we think of sogginess). By this time the mixture should be slightly thick. Rinse the rice under very hot water from the tap; let drain thoroughly, but rice should be warm. Gradually work the rice into the custard mixture; spoon mixture into buttered cups or casserole; sprinkle tops lightly with nutmeg. Set custards into pan of water; put into pre-heated oven. Bake until custard tests clean with a broom-straw. This will be between 30 and 50 minutes. Take pan from oven, leaving cups or casserole in water. Set out of draft to cool. Custards will be soft, but will firm up as they cool. When completely cold, store puddings in 'fridge. (No! not the freezer.) These are real swell for midnight snacks (if you've got nothing better in the house).

**BEANS (DRIED)** In culinary circles (some of our best friends cook!) you'll hear all sorts of tales about home-baked beans. Well, these can be very tasty or pretty awful, but you seldom hear about the hours and hours of picking, soaking, simmering, and slow-baking. And, when you're all done you've only got a pot of baked beans and an odor that will never come out of the drapes. (We say: 't hell wit' it!) Nowadays you can buy better canned baked beans, in many styles from Boston to Barbecue, much cheaper than you can do it at home and (God knows!) they are much easier. So if you have illusions of softening up some peripatetic guest ("walking or cruising about" our reference says) with a mess o' beans, we sincerely suggest you buy a can or so an' heat 'em up. A little incense for later may come in handy as well. More seriously, almost every conceived style of bean preparation, and this includes fresh beans as well as dried ones, now comes in cans or frozen packaging so why do it the hard way?

Lentils we'll happily ignore. Dried and/or split peas . . . ? We'll simply say that almost anything you can do with these, has been done by Campbell's. So go get a canful.

This leaves us with a thought (just!) of black-eyed peas, beautifully canned, ready-cooked. Both fresh ones and dried.

Let's see now . . . grits? Ugh! Or whole hominy! This too is fine in cans, both white and yellow; you can't never get it so good out of that ol' kettle of corn and wood-ash lye . . .

Barley? Who needs it? Cornmeal? Very handy to have on hand; almost any *standard* cookbook will tell you some fascinatin' things to do with cornmeal, not us.

Kasha: This is an unusual cereal-grain. Supposedly from Eastern and Middle Europe, Kasha is now on almost every large market shelf. It comes as a whole grain, or cracked, medium-ground, and fine ground. Kasha is buckwheat kernels or groats. It is machine or sun-dried, and is probably treated to some processing. Like rice, kasha is a fine potato

substitute, wonderful in dressings and stuffings, and as a filler in meat loaves and hamburger. Also like rice, kasha is often served as a vegetable. It has a nut-like flavor, is delicious, very nutritive. Most used are cracked and medium-ground kasha; cooked almost as is rice, except no washing is required. Kasha expands to a little over double in bulk when cooked; half a cup of uncooked kasha will make a generous portion. Kasha is often simply cooked in water; sometimes in chicken stock, consomme, or other clear stock. To enhance its flavor a little we add some seasoning. So, for two generous portions:

2 cups water (or stock)	1 rounded Tbs. butter
$\frac{1}{2}$ tsp. salt	1 cup kasha (cracked or medium-ground)
1 tsp. MSG	

Put liquid on brisk fire; add seasonings, butter. As butter melts, pour in kasha; shake together, cover pot tightly, reduce heat to low for 5 minutes. Reduce further to lowest possible flame for 5-8 minutes more. Uncover when ready to serve.

Kasha is tastily good, inexpensive, and different. Incidentally, a fine substitute for the very expensive wild rice stuffing is made by using  $\frac{3}{4}$  cooked kasha with  $\frac{1}{4}$  cooked (white) rice, plus a little added herbs and seasoning. It looks like wild rice, even tastes somewhat similar. And, though genuine wild rice is admittedly wonderful in squabs, etc., it costs over \$2.00 per pound!

**PASTAS** By this we mean all of the several hundred forms of *pasta* that includes noodles, spaghetti, macaroni, lasagna, and the like. These make fairly inexpensive dishes if kept simple; are appetizing and usually well received. In Chapt. 4 we detailed some standard sauces for these; in Chapt. 7 we lightly covered the familiar meat balls. As nearly all pasta can be cooked in less than 20 minutes, quick dishes can be made. If sauce is on hand, all else required is some good, freshly-grated cheese, preferably Parmesan or Romano.

Ravioli are a form of pasta, come in cans, also fresh in some delicatessens. These last are best. All pasta, including ravioli, are cooked primarily the same way: plenty of water is heated to a fast-rolling boil. Salt may be added; some Italian cooks add a spoonful of oil to the several quarts of water required. The pasta is dropped in quickly so as not to halt the boiling. A few quick stirs with a long fork will prevent sticking. Pasta is cooked from 10 minutes to 18 minutes depending on its size. When you suspect it is done, take a piece out and pinch it. It should still have a little firmness, or be—as Italians have it—*al dente*. Turn off fire under pot, let it stand for 3 or 4 minutes dump it into a colander or strainer. Wash with boiling water, tossing about. Do not allow the pasta to lose heat. Serve at once on buttered plate or bowl;



tossing with more butter, pepper, cheese, finally covering it with the sauce. Serve extra sauce and cheese on the side. Pasta does not reheat too well, though this is often done. If pasta is cooked *al dente*, is thoroughly washed, is held in a container of cold water, it may be kept in the 'fridge for a day or so. To reheat, the required amount of the cooked pasta is put into a strainer and plunged for a couple of minutes into a pot of madly-boiling water. Drain and serve at once. It is better, however, to cook just enough fresh pasta as needed. About  $\frac{1}{2}$  lb. is a generous man's serving.

Many Italians, (Americans too!) don't care for tomato-based sauces. If, while pasta is cooking, a little olive oil (say 2 Tbs.), plus 4 Tbs. of butter, are heated in a small skillet with several cloves of garlic (minced or sliced) and cooked to a light brown and this is poured over the hot pasta, with plenty of cheese, perhaps a little chopped sweet basil, all mixed together well with a couple of forks you have a standard *PASTA ALLA OILIO E AGLIO*, and is very tasty (very fattening, too, dearie!).

**MACARONI and CHEESE** While this seems like a typical American dish, it obviously must be Italian originally. Men LOVE it! So, to make quickly and easily for 3 or 4:

1 lb. large elbow Macaroni	1 can Cheddar Cheese Soup
salt; a little white pepper	$\frac{1}{2}$ can milk (soup can)
butter	2 Tbs. grated Parmesan Cheese

Boil macaroni to just done; drain. Dump into a large bowl with the cheese soup, milk, salt and pepper. Stir together. Butter small casserole; dump in the mixture. Sprinkle grated cheese on top. Bake in 350° oven for 20-30 minutes. Serve from casserole, very hot.

If you're in a mad hurry, use a couple cans of macaroni with cheese sauce; add some salt and pepper;  $\frac{1}{2}$  can of cheese soup with about  $\frac{1}{2}$  cup of milk. Proceed as above. Yes, some of the very best and easiest things come in cans these days. However . . .

**ODDS and ENDS** We seem here to be on an "instant" kick; well, as with the packaged foods which aren't always quite as instant as advertised, we'll offer some very handy shortcuts in getting it on the table. For instance, there's stew. In Chapt. 7 we discussed some tedious old-fashioned methods of making stews; we still feel that these give the ultimate in a perfect dish, at a minimum cost. However, they are time consuming—and who has time, these days? So, with a quick tour of the supermarket (after a moderate withdrawal from the bank) let's gather together these ingredients for a stew for two.

## QUICK BEEF STEW

1 can (20-30 oz.) Beef Stew	1 can small whole onions
1 can Roast Beef (12-14 oz.)	4 Tbs. red wine (Claret, Burgundy)
1 can Beef Gravy	2 bouillon cubes
1 can "vegetables for salad"	1 tsp. MSG
1 can small whole potatoes	salt & pepper

Use large heavy pot; dump in canned stew, drained vegetables and the gravy. Set over medium low flame. Carefully open roast beef (which should be in one piece). Drain all juices from this into small separate pot. Cut beef into 8-10 chunks; stir easily into heating stew. Add wine to liquid from beef, dissolve bouillon cubes in this, add MSG; stir this carefully into big pot. Season hot gravy to taste, if needed. Even small cans of potatoes and onions are more than needed here; so, open these, taking half the contents of each out of can liquid. (These are optional but good; save remaining onions and potatoes in their juice in small glass jars in 'fridge for other use). Well, there you have it, a wonderful, flavorful, home-made Beef Stew in about 40 minutes. With potatoes and vegetables already in there, you've got a complete one-dish meal. To be real homey, make biscuits; pressure-canned biscuits are about 10 for 10 cents, and you just open 'em, put 'em on a pan, and bake 'em. You'll possibly have stew (at least vegetables and gravy) leftover. When cold, put it in a jar and in the 'fridge. With some leftover scraps of cooked meat, and a pie-crust topping (also out of a package) these make a dandy Meat Pie.

Admittedly, packaged and processed products from the market shelves have removed much of the work from the home-kitchen; however, these modern adaptations are not completely foolproof; in quite a few instances they are not exactly all they are cracked up to be. Packages, for example, have an unpleasant way of containing less in the box than you'll need; a package of pie-crust will claim to have enough in it for 2 crusts. It won't, though the exact content weight will be on the package, making it legal. The can of concentrated juice will make a gallon, it says, but this will be a pretty thin drink. The point is, (from the manufacturer's view), to make you buy 2 packages instead of one; astute merchandising, what!

Home cooks are always finding new things to do with processed foods; some are nice to know, particularly for our entertaining apartment dweller. A real handy one is a SMALL PIZZA. To serve 4 (8 individuals), you'll need:



*package of 4 English muffins*  
*4 slices Jack cheese*  
*2 Tbs. olive oil*  
*1 can (small) tomato sauce*  
*2 Tbs. instant chopped onion*  
*½ tsp. basil leaves*  
*salt, pepper, sugar, MSG, garlic powder*  
*4 oz. sliced mushrooms*  
*OR 4 oz. sliced salami-chopped*  
*OR 2 oz. anchovy fillets*

First, make sauce in small pot, using tomato sauce, onion, basil dash each: salt, pepper, sugar, MSG, garlic. Let simmer a few minutes. Split muffins, some of bread at center of each half may be removed. Brush the halves with the olive oil. Cut two rounds (with a glass or something) from each slice of cheese; these should be slightly smaller than muffins. Put about a tsp. of sauce in each oiled half-muffin; top with a cheese round. Divide rest of sauce—about a Tbs. to each half-muffin—spreading it around on the cheese. On this put the mushrooms, or anchovy, or salami, or whatever. Chop fine the pieces of cheese that were left after cutting the rounds, sprinkle this over each of the li'l pizzas. Bake on a sheet or flat pan 10-15 minutes in a preheated 400° oven. These are real dandy with beer. With all the stuff ready, these can be made and served in about 20 minutes. Fine for guests and so on.

These bits—odds and ends—could go on and on; you'll just have to grope your own way around to find interesting items to munch on at your place. It's a lot easier, these days, but it will cost you a little money . . . usually!

## CHAPTER TWELVE

### In Your Oven!

*Frozen Desserts*  
*Biscuit Tortoni*  
*Instant Puddings*  
*Rice puddings*  
*Baked Apples in Wine*  
*Plain Baked Custard*  
*Zabaglione*  
*Flaming desserts*  
*Fresh Fruit Compotes*  
*Pie, and pastry*  
*other fruit pie*  
*apple pie*  
*Lemon Meringue Pie*  
*Pumpkin Pie*  
*Custard Pie*  
*Cheese Blintzes*  
*Cakes; Loaf Cakes*

*Four Fruit Bread*  
*Confectioner's Icing*  
*Old Fashioned Gingerbread*  
*Pineapple Coffee Cake*  
*Cookies:*  
*Fairy Fingers*  
*Hot Breads:*  
*Mixes*  
*Basic Biscuit Mix*  
*Biscuit varieties*  
*Hot Breads:*  
*Shortbread*  
*Hotcakes*  
*Muffins*  
*other preparations*  
*Cornbread*  
*Old Fashioned Boston*  
*Brown Bread*



## TWELVE

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As the reader (by now!) may have surmised, this cookbook is different! While many recipe books are heavy with desserts and such calorie-laden items, we'll take these things very lightly. Way back there we said we'd be most interested in things easy to prepare in a small kitchen; this includes that brace of hot-plates sitting in the bathtub. Also, we said we'd be mindful of costs—in whatever we cooked up.

Speaking broadly, then, on the question of desserts and such, we advise the compact-kitchen-cook to buy the stuff, not to try to make it. First, it will probably cost as much or more to make as to buy. And, if you're not experienced (at baking!) results are apt to be a mess; costly as well as time consuming.

As an example, a homemade loaf of bread would cost no less than one purchased; undoubtedly it would taste better, but it could take all of 6 hours to whip up. A cake, even one made with prepared mixes, would cost again as much as the good one you'd get from the bakery; and—most important—you'd not only need an oven with reliably adjustable heat, but also pans, bowls, electric mixers, scales, spoons, an' all that stuff.

This sort of advice-in-reverse could go on and on. Just buy the



goodies in a bakery. And here again a word to the wise; locate a smallish neighborhood-type bakery, and get your stuff there. Frankly, the assembly-line bakery products from the markets or from the big trucks, are not so hot. They're not only expensive, but they all seem sort of tasteless. And the li'l bake-shop will, with some advance notice, make up almost anything you may want to order. So, if it's French Pastry you crave, don't attempt it y'self—buy it!

However, there'll be a few who'd like recipes for some of the simple things; some of these we'll throw in here, as well as some odd ones of our own . . . and let me tell you, Mame, we've had some awfully odd ones at Happy House.

**FROZEN DESSERT** First, there's ice cream. According to the people who make and sell refrigerators, ice creams, sherbets, etc. are easily made in the 'fridge. 'Tain't so! In fact (just take our word) don't even think about it. Buy good—and expensive—ice cream as you need it. And better make sure your box will keep it hard for an hour or so 'til you do want to serve it. Many an old one just won't keep the stuff hard and flavorful, the way you want it. Try out a small package first. (Always a good policy!)

To make your own genuine ice-cream at home (and when it's good, it's real good) you'll need an ice-cream freezer, either electric or hand-cranked. This last always seems like such a waste of manpower—or something. However, if your pad runs to a freezer dept. (that will truly freeze) you might make up 6 to 8 portions of a world-famed dessert:

#### BISCUIT TORTONI:

<i>sugar (generous ½ cup)</i>	<i>1 Tbs. fine-chopped citron</i>
<i>1 tsp. vanilla</i>	<i>3 Tbs. chopped pistachios</i>
<i>4 eggs, lightly beaten</i>	<i>(or toasted almonds)</i>
<i>1 Tbs. Maraschino Liqueur</i>	<i>1 pt. thick whipping cream</i>
<i>(or Cherry Brandy)</i>	<i>6-8 red Maraschino cherries</i>
<i>3 Tbs. almond macaroon</i>	<i>about 2 Tbs. fine-chopped orange</i>
<i>crumbs</i>	<i>or lemon peel, or colored coconut</i>

1. In top of double-boiler, mix sugar, vanilla, yolks. Stir constantly (this is over hot water in the bottom of the thing); when thick, take from heat, whisk 'til light and fluffy.
2. When cool, mix in brandy or cherry liqueur (or try over-proof Jamaica Rum!), the macaroon crumbs that have been put through a coarse sieve, the fine-chopped citron, and the nuts. (We used toasted, flaked almonds and chop them a bit.)
3. Beat the cream 'til semi-stiff; fold mixture into it.
4. Use two paper muffin cups, set in a muffin pan; fill them to

top, and set pan and all into freezer. The pan will keep the shape; may be taken out after the cups have hardened. Freeze for four hours or more. To serve, take cups from freezer, but leave in paper cases; moisten tops lightly with brandy or other liqueur; decorate with chopped peels or cocoanut, with cherry pressed in at top center. These are very cosmopolitan, tasty, and all that jazz. A real nice dessert for summers; and—happily—one you can make ahead. We suggest that after the cups are hardened, each be wrapped in pliofilm, to protect from wear and tear.

Nowadays there are a lot of packaged INSTANT PUDDINGS that need no cooking; just add milk and stir together, put the stuff into serving glasses, chill and serve. Almost all men like Chocolate Pudding; if a little Rum (or even some non-alcoholic Rum Flavoring) is added, these are especially yummy. There's even a no-calorie type of these puddings, so what can you lose? Serve these plain or with a glob of whipped cream or topping; even a cherry or a piece of pineapple on them will make them an elegant dessert.

Or, a simple ol' RICE PUDDING may seem like a good idea; and it's easy to do. Take:

<i>4½ cups milk</i>	<i>rind of a lemon, grated fine</i>
<i>½ to ¾ cup raw rice</i>	<i>3 egg yolks—beaten</i>
<i>4 Tbs. sugar</i>	<i>Meringue:</i>
<i>1 Tbs. butter</i>	<i>3 egg whites, beaten</i>
<i>few grains salt</i>	<i>3 Tbs. sugar, with pinch of</i>
<i>2 Tbs. lemon juice (or less)</i>	<i>Tartar</i>

Wash rice thoroughly, cook in top of double boiler with milk, sugar, butter, salt, to tender. (About 50-60 minutes.) Add rind, beaten yolks, lemon juice. Whip lightly. Put into a baking dish (or casserole) or into individual cups (4-6). Let cool. May be chilled and served as is, or you can flossy it up with meringue. (Ya gotta do something with those whites). Beat the white stiff, gradually working in the sugar to which you've added a good pinch of Cream of Tartar. A very little lemon juice, or a drop or so of lemon or almond extract, may be added to the meringue. Pile this goo onto the pudding; brown it in a hot (450°) oven for 5-8 minutes. The pudding should be quite light and moist. When putting it into casserole or cups it may seem too loose; it'll thicken as it cools and chills.

Among the very best desserts are some of the simple ones made of fresh fruits. (Quiet back there!) Plain baked apples or pears are dandy; can be done ahead of time and nicely chilled in the 'fridge.



These can also be 'flavored up' with suitable wines or liqueurs, to make them real P-elegant. As with:

**BAKED APPLE** (*Happy House*) Use hard apples, as McIntosh, Winesaps, etc. Make a syrup; 2 cups water; 2 lbs. sugar; bringing just to a boil to dissolve completely. Add a good dash of red coloring. Core apples; cut across tops in several places. Put apples in pan 3-4 inches deep; fill centers with a little brown sugar. Toss a dozen cloves around them, and a couple of sticks of cinnamon if you have it. Or throw in a small handful of candy red hots; these will flavor and color. Pour syrup over and around; should come up about halfway on the apples. Cover with another pan. Put in oven for about 30 minutes. (Watch these times as apples vary in cooking; they'll mush if cooked too well). Turn apples over in syrup, and cook again for about half as long. The apple should be tender through, but not mushy. Take pan from oven; uncover and let cool in syrup. When cold, again turn apples over, so that cut tops are up. They may be carefully transferred to another pan (the empty top); and the syrup is then strained, and saved separately. Just cover apples with port Wine or with half Port-half Burgundy. Let 'em chill in the 'fridge. To serve, pour off the wine (save!), mix about a cupful of the wine with half a cup of the syrup. Put apples in individual serving dishes, with a few spoonfuls of the mixed wine and syrup over them. Real good, and actually quite easy to do. It is possible, if they are carefully watched, to bake these over an open top-burner, instead of in the oven. The covering pan must keep steam in; heat must be kept low. The apples may cook quicker over this direct heat so watch it.

**PLAIN BAKED CUSTARD** Perhaps the simplest of desserts, a custard, is one of the best. These are most often served plain, without any sauce or garnish and right in the cup they're baked in. To make 4 (average) cup custards:

1 pt. half and half (or coffee cream)	½ tsp. vanilla
4 medium large eggs	few drops almond extract
4 oz. (scant ½ cup) sugar	few drops lemon extract
few grains salt	(Rum extract could be used)
	sprinkle with nutmeg

Scald the light cream (bring almost to a boil); let it cool slightly. Beat sugar, salt, flavorings, into eggs. Gradually pour the warm cream into the eggs, mixing thoroughly, but not overbeating. (We have gone on at some length, previously, about the dangers of over-beating anything . . . particularly what is intended as dessert). Very lightly butter the custard cups, (there is a school of cooks who say "never butter custard cups leaving the sides dry

so the custard can creep up and hold." Well, it's an opinion. Take your choice. We butter very lightly!). Pour custard into cups to top. Lightly dust with nutmeg. Set the full cups in a pan that has about an inch of warm water in it, and put it all into the center of a 325°-350° oven. (As a matter of fact, it is really easier to half fill the cups, set them into the water pan, shove this into the oven, then—carefully reaching in—fill the cups the rest of the way. This seems to save a lot of spillage and a messy oven. And who the hell wants a messy oven, or who wants to waste any of that grand, creamy custard?) Bake for 45-75 minutes. Custard cups vary in thickness and material, so baking time for the custard also must vary. Glass cups, for example, will bake anything much faster and at lower heat than crockery. After about a half hour, pull custards forward in oven and test with a nice long broom straw. If it comes out dry, they're done, even though they will appear soft. They'll set as they cool. Carefully take the pan from the oven and set to cool. When the water is cold, take out the cups and cool them further on a rack; when thoroughly cold, put 'em in the 'fridge to chill lightly. Never freeze 'em. Or, custards may be served just lukewarm; some like it that way.

A famed Italian dessert—and one easy to make—is **ZABAGLIONE** (or *Zabione*). This custard is quickly cooked over hot water; best to use a round metal bowl, set over—but not in—a pan of boiling water. First, put in the bowl: 6 egg yolks and 3 Tbs. sugar. Beat (not over the water) to 'light. In a separate pan or cup, have ready ¾ cup of heavy sherry (or Marsala) wine; it is best if this is just slightly warmed. Now, put bowl with the eggs and sugar over the hot water, and start beating. Use a wooden spoon or a wire whip. Beat steadily; as it starts to thicken, and this one comes up pretty fast, gradually pour in the wine, still whipping steadily. In a minute or so, you'll have a light, fluffy custard. Don't overheat it. Quickly pile it into sherbet glasses or whatever, and serve hot. Or, the glassfuls may be cooled, then chilled to be served cold later. A small, light cookie, or even a mad 'Petit four' would go well with this simple dessert.

**FLAMING DESSERTS** Many very simple desserts are elegantly flossed up with a garnish; most impressive are the ones that flame madly. Of course, the compact cook and diner can't be bothered with all that chafing-dish-in-flames stuff that goes with the various *crepes*, with *cherries Jubilee*, 'n jazz like that. But it can give a girl ideas.

Take, for instance, a simple scoop of sherbet in a dish. Use a small lump of sugar or half of one of the large ones. Set it in the top of the sherbet; carefully pour a few drops of lemon (or orange or banana) extract on the sugar. Light it at once; flames will last for several min-



utes, sorta melting down the sugar and flaming the dessert. See? This easy but spectacular garnish can work on many simple desserts. Try it.

Simplest of desserts are fresh and/or canned fruits, served chilled with a cookie. Unaccountably, fresh fruits seem to be more and more costly, and the ones available in even the biggest markets are not always of the best quality. On the other hand, canned fruits in a large variety of sizes and shapes are always ready to tuck handily in the 'fridge. If forgotten 'til last minute, a few minutes in the actual freezing compartment will do the trick. Many of these are dietetic packs with low sugar and calorie content.

Canned fruits, chilled and perhaps garnished with a little wine or brandy or other liqueur, make easy fancy desserts, and they're not even too expensive.

All syrups and other liquids from canned fruits should be carefully saved in the 'fridge, in a tight-topped glass jar. If quite a lot of canned fruits are used, it is wise to keep red and white juices separate. These can be used in sauces, puddings, in drinks, and in making gelatin desserts. These last are a great favorite, and are certainly easy to make; they are twice as flavorful when the saved canned-fruit juice replaces the water ordinarily used. The juice—of course—is brought just to a boil before it is added to the packaged crystals.

**FRESH FRUIT COMPOTES** A summer favorite—and also very healthful (and Gawd knows, we wanna be healthy, too!) is a well-chilled bowl of fresh, mixed fruits. Almost any fruit can go into this one, fresh or canned. (Come, ladies, stop that tittering back there!)

The fruits are cut into bite-sized pieces, after paring, etc. and will keep bright and fresh-looking if put at once into a bowl of slightly sweetened juice or light syrup. (Nice place for some of that saved-up canned fruit juice.) Or, wine or brandy may be added to the light syrup (or saved juices) to make a particularly interesting dessert.

Let's not forget berries, grapes, avocados, fresh pineapple, to say nothing of fresh melons and their balls!

We'll throw in a word or two here about the Continental custom of serving fresh fruits with cheese after a dinner. This is sort of formal, but is never out of place after any kind of a meal. While it might seem to demand extra plates, knives for peeling, etc.; as well as an assortment (on a plate) of several cheeses, it is really little trouble and is very, very good for a dessert. (After all, m'dears, 50 million French could hardly be wrong.) It's a happy and socially correct idea. So slip him an apple and a chunk of cheddar, and freshen your make-up. The program should be on soon.

**PIE.** Can you bake a cherry pie, Billy Boy? So goes a mad old madrigal. The problem these days of course is in finding any cherries!

However, nothing is quite so much of a homey touch as the fresh-baked pie. It'll cost as much or more than a store-bought pastry; but it really gives a girl her jollies to serve up a piece made by hand.

Also, pie is real man bait. Favorite is apple, then cherry, lemon-meringue, pumpkin, and so on. Like so many things we do, it takes a certain amount of crust, so let's make some pie crust.

There are all kinds of prepared and semi-prepared pie-crusts and mixes in the market at all kinds of prices. Cheap ones usually are just that and while almost all packaged mixes supposedly contain enough for two generous crusts, they very often don't. So, ya gotta buy two packages. (Ya can't win sometimes.)

Let's make our 9 inch pie all the way.

First, you need a 9 inch pan, or a pan 8-10 inches, (A full ten inch number is very hard to find, believe us.) Then, we get together:

*2 generous cups All-Purpose flour* (a half pound, plus enough more on the side to fool with.)

*2/5 lb. lard* (many swear by certain shortenings, oil, even butter. We like lard, and it's cheaper.)

*1 tsp. salt*

*1 Tbs. sugar*

*1 pinch ground Mace* (if you don't have this, don't rush out to buy some; it can easily be omitted.)

*½ cup (scant) water*

*1½ tsp. white vinegar—in the water.* (Professional bakers agree the vinegar makes pie crust flakier.)

Toss all but the liquid into a bowl; the lard—or other shortening does not necessarily have to be ice-cold. Mix with a couple of table-knives held together, or a blender, using a cutting stroke. Cut to a coarse, mealy consistency. Make a hole in center; pour in ¾ of the water-vinegar. Quickly stir together with a table fork or a wooden fork from a salad set. Add rest of the liquid around the edges where mixture is driest. Stir together; it will still seem to be too dry and crumbly. (That's good!) Gently press down in the bowl; then invert bowl, dumping it all out onto a large sheet of heavy waxed paper like a bread wrapper. It will still look too dry, but shove it all together, then roll it up tightly in the paper, and put it into the 'fridge. Rolling together will help (it always does) blend the pastry; the chilling will set it into a workable pastry-dough. Chill in the 'fridge for a few hours or even over night; when you unwrap it onto a lightly floured work table or pastry cloth, you'll find it'll roll nicely.



A heavy cloth, even a canvas lightly floured, is best to roll pie dough on. Roll out a little more than half your dough into a round an inch or so larger than your pan. Fold it over, pick it up and fit it into the pan evenly, with so much hanging over the sides; the dough should not be stretched. Roll out the other part of your dough for the top crust. Fold it over, too,—and slash some airholes in it. Set aside.

Put your prepared fruit (more about this later) into the raw crust in the pan. Beat up a small egg with a tsp. of water; moisten pastry around the rim with this with a small brush. Put spices, sugar, butter, etc. on top of the fruit; then put on the top crust. Press edge down all around; crimp with a fork if you like or pinch it up with your fingers. The egg-water between the two

layers of dough at the edges, and the crimping, etc., will seal the pie. Trim around the outside of the pan, taking off the extra dough hanging over the edge. Use this for a turnover, with a dab of fruit or even jam, in the center; or save it for future use. Paint the whole pie top with the rest of the egg-water (this gives it a glaze). Put pie into a pre-heated 425° oven; after 15 minutes,

reduce heat to 350°-375° for 40 minutes more. Turn around in oven at least once for even browning. A pan underneath the pie (which should be in the middle of the oven) will catch any drippings, and save some oven-cleaning.

Now, some hard and fast rules: The less liquid used, the flakier the pastry. The less the pastry (dough) is handled in preparation, the less tough it will be. A hot pie is nice, but it is best to cool a fruit pie, letting the juices thicken; then reheat slightly. This is much better than cutting into a hot one right out of the oven, which would be all runny. To keep a cooled pie, put it in the 'fridge only if completely wrapped in plastic or in a wax paper bag; otherwise the damp air in the box will make the pie soggy.

**PIE FILLINGS** Now, a word about fillings, and let's start with apple. Fresh apples for pies may be cored, peeled, sliced, etc., like Grandma used to do it, but this certainly doubles the work. For a well-filled pie use 2½ cans of sliced pie apples. These cans are about 20 oz. each, and will cost .25-.30 a can. More expensive are Prepared (thickened) Pie Apples; which seem to have less apple and a lot of costly thickening. As our big fat 9 inch apple pie (serving 8, or 6 real

large portions) will cost about a dollar, let's keep it down as much as possible. There will be almost no liquid on the canned sliced apples; so we must make a thickened syrup. To ¾ cup of water, brought to a boil, we whip in one cup of sugar. When this dissolves, and is not quite boiling, we stir in 2 rounded Tablespoons of cornstarch that have been slightly dissolved in 4 Tbs. cold water (hot water won't do it). Pour this into the sugar-syrup, over medium heat. Stir with whip until syrup again clears. Cool slightly; add 1 Tbs. butter; ½ tsp. vanilla; ¼ tsp. lemon extract; a few drops of almond. (Well, that's what WE do; many don't use any flavoring, but guys sure like our pies!) Carefully stir in the apple slices from the cans so as not to mush 'em. When well mixed with the syrup, spoon fruit into the lower, raw pie-crust (as above); dot the fruit with bits of butter, toss on ¼ cup of brown sugar, a dusting of cinnamon, nutmeg, all-spice. (Any or all three; spices may be light or heavy—however you like it—light or heavy). We grate a little lemon rind on the fruit, too.

Note: The saved juices from canned fruits (particularly pineapple) can replace the water when making the thickening syrup; slightly less sugar can then be used.

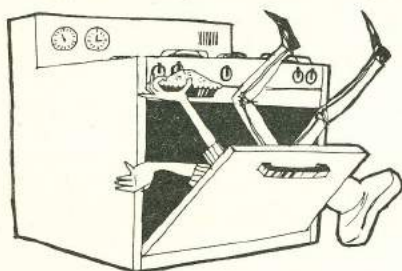
**OTHER FRUIT PIES** Fruit for most pies is thickened similarly; with cherries and berries, and rhubarb, some added red color is advisable. With cherry pie, we use a little more almond extract, a few drops of lemon, no vanilla. Half a tsp. of wild cherry extract will make this one mad!

With peaches: no vanilla, half a tsp. almond, few drops lemon; and with apricots a little less almond (than with peaches), few drops lemon, no vanilla. With most berries, aside from the red color, use maybe ½ tsp. each of lemon and almond. With Rum and Raisin Pie, we use (added to the cooled syrup) half a tsp. vanilla, 1 Tbs. Rum Extract (non-alcoholic). And so it goes, where flavoring will give that extra something to your fruit pie.

**LEMON MERINGUE PIE** This is a real yummy dessert but is not really one for the amateur to tackle. We'll tell you how, but will warn you, it takes lots of time, lots of pots and bowls to wash, and is very often unsuccessful. Particularly that meringue; you can beat it and beat it (sometimes) and it'll seem to be stiff enough, but it'll just sag and droop when you stick it in your oven; it'll be even limper when you pull it out, and this, Ladies, ain't good!

You'll need 2 eight or nine inch pie tins. Set oven for 425°

2/3 or 3/5 of Pastry Mix (back a few pages) OR enough rich pastry crust dough for one large generous crust.





for Lemon Filling:

4 large egg yolks  
1 cup sugar  
1 Tbs. fine-grated lemon-rind  
½ cup lemon juice  
2½ Tbs. water  
1 (rounded) Tbs. Cornstarch  
1 (rounded) Tbs. Butter  
drop or two of yellow color.

for Meringue:

4 egg whites                      2 drops lemon extract  
1 (scant tsp. Cream of Tartar—mixed with  
1 cup sugar  
Now, all set? Remember, this can take hours . . .

1. Turn on oven: 425°
2. Make pastry round; fit it into a pan turn back generous one-half inch of overhang, and pinch or flute an edge. Prick pastry all over bottom and sides with a table fork (so it won't puff). Set second pan on top and press down lightly. The pastry is now between the pans; slip this—upside-down—into the center of the oven. In 10 minutes turn it over; then begin to check the color of the pastry seen at the edges—because in only a couple of more minutes, it's all baked. When nicely browned, take from oven; remove top pan, let shell cool.
3. Make filling in a double boiler. In top part, bring to a near boil: the water and lemon juice. Mix sugar and cornstarch together; beat egg yolks into sugar, mixing well. Add grated rind to egg-mix. Slowly stir this into the liquid (which is over hot water). Let it all cook until it thickens and clears. Stir in drop or so of yellow color. When thick, remove top from bottom of double boiler and let the pan of filling cool to about lukewarm. Stir in butter thoroughly; whip (or beat) mixture a little; pour it into the cold pastry shell. Let this set until it's quite cold, and filling is nicely set, then we'll add the meringue. If the filling is not cold when meringue is piled on the stuff will sweat and get all 'nyah—so cool it!
4. Reduce oven heat (or turn it on again) to 375°.
5. Make meringue. Mix sugar and Cream of Tartar; beat egg whites stiff. When the whites begin to peak up, gradually add sugar while continuing the beating, until it is all in. Last, add a few drops of lemon extract. Dump the really stiff meringue on top of the cold filling in the baked pie shell. Spread it right out to the edge of the crust; meringue must be anchored to the crust, or the whole glob

of stuff will shrink up. Leave a couple of peaks, if you like or fancy it up any way you like to swish it. Shove the pie into the oven for not over 15 minutes; top of the meringue should just barely begin to brown, then take it out.

And there's your great, big, gorgeous, home-made Lemon Meringue Pie, at last! (Take an aspirin or have a beer!)

Now, a prepared pastry-mix (pie dough) could be used for the crust here; a couple of those little boxes of Lemon Pie Filling could be used for the filling; and some such goop as Dream-Whip or other artificial topping could replace the meringue. These substitutions would make it all a little easier, will probably cost a little more, and won't taste half as good. Or, hell Marie, go to the baker's and buy a pie. We don't advise, however, one of those market-bakery or freeze-cabinet pies. These are very often terrible. Yes, Lemon Meringue Pie is a lot of work, but maybe it's worth it.

**PUMPKIN PIE** Here's a real tasty number that's almost foolproof, and it may well be the least expensive of all pies. You'll need, for a 9 inch pie:

oven set for 425°  
ample pastry (pie-dough) for 1 crust.

Mix: ¾ cup (packed) brown sugar  
1 Tbs. flour                      ½ tsp. nutmeg  
½ tsp. salt                      ½ tsp. ginger  
¾ tsp. cinnamon              ½ tsp. cloves  
2¼ tsp. Pumpkin Pie Spice, OR; ¼ tsp. mace

a little allspice may be added; all these more or less to taste.  
Add, and stir smooth:

1½ cup canned pumpkin  
1½ cup undiluted evaporated canned milk  
1 slightly beaten egg  
2 Tbs. dark Molasses (or blackstrap)

Last, stir in 2 Tbs. melted butter

Pour mixture into unbaked pie shell with a moderately high edge. Put into pre-heated oven for 15 minutes at 425°; reduce heat to 325°; bake 30-40 minutes longer. Take from the oven; set pie on rack (or inverted muffin tin) so that air circulates underneath. If set flat, this type of pie (or pudding—or whatever) will fall flat. Cool pie out of a draft. Serve while still just barely warm, or if dinner is to be at six, with dessert maybe due at six-thirty the pumpkin pie comes out of the oven at five-thirty; in the oven at four-thirty; start to put together at say, ten after four.



**CUSTARD PIE** Back there somewhere, we mentioned plain baked custard; well, you can make a real dandy Custard Pie by just making a raw shell (as for pumpkin pie); then you paint the whole inside of the uncooked shell with beaten egg with a very little water. You'd best then put this into the cold part of the 'fridge and leave it for an hour or so, so that the egg dries on the pastry. The reason for all this operation, is to keep the crust of the custard pie from becoming soggy as it bakes. Then, make a plain baked custard (directions a few pages back) and instead of putting it into cups or a casserole, pour it into the prepared (but still unbaked) pie shell. Lightly dust the top with cinnamon and/or nutmeg; it goes into a 400° oven for 10 minutes, then reduce heat to 325° for 30-40 minutes more. If table knife comes clean at the center of the pie it's done. Cool (propped up!) before cutting. The custard pie just out of the oven may look too soft, but it will set as it cools. (Of course, if it doesn't set, it *was* too soft and maybe could be baked again for awhile but with low heat.) This is a good way to make a custard pie; there are some other methods, but these are pretty tricky, so we'll forget all about 'em here.

Let's call this enough for pies. Besides, they're fattening, and you know what you really want for dessert . . .

While there are many, many real fancy sweets with which to end a meal, most are out of a sane price and ability range.

However, there are a few real good items, that can usually be prepared ahead, and aren't too hard to do, and don't really cost too much. One of these is Cheese Blintzes, and once you get the knack of making the thin pancakes, these can be fun.

**CHEESE BLINTZES** First, you make thin, thin, pancakes, about 7 inches in diameter. For the batter for 12 of these:

1 cup flour, with a good pinch of mace in it	1 cup milk
½ tsp. salt	2 whole eggs, PLUS 2 extra yolks
¾ tsp. sugar	2 Tbs. melted butter

Mix thoroughly, with the butter in last. Let stand at room temperature for a half hour or so before using. Heat to fairly hot (you'll have to experiment here if you've never made *crepes*) a round-sided fry-pan (or *sautoir*) or a small skillet with slanting sides. The pan should be about 7 inches diameter. Grease a piece of rag or paper-towel; brush lightly over bottom of pan with this. At once pour in just enough batter (about 2 Tbs.), which, when swirled around will just cover the bottom very thinly. Set pan back on heat; let fry about 1 minute, 'til pancake is just set and is lightly browned on the bottom. Have a cloth spread on a nearby

surface; dump cake out, browned side up. It should have a slightly rubbery texture; be thin and rollable. Make all the cakes. As they cool, they may be piled. Cover with a cloth while preparing the filling.

**CHEESE BLINTZE FILLING** Many recipes will say use cottage-cheese for this; we disagree. Commercial cottage cheese as it is now packaged and sold, is sadly diluted with sour milk; to use it, it would have to be put in a sieve and let drain 'til fairly juiceless, and it'll still taste like sour milk. Your grocer can get you on order from the dairy, a proper BAKER'S CHEESE, in one, three, or five pound packages. This is a dry-ish, uncreamed cottage cheese. To this you add just enough sweet cream to soften the cheese to a usable texture. Or, at Happy House, we are near a fine Italian market; here we buy Italian RICOTTA cheese, which is very much the same thing, and is just fine for blintzes. So, with whatever cheese:

1 rounded Tbs. sugar. (less with ricotta)

½ tsp. ginger

½ tsp. vanilla

1 (scant) tsp. fine-grated lemon rind

optional: 4 Tbs. puffed raisins

To fry: ½ cup or more butter or oleo, mixed with

4 Tbs. salad or other vegetable oil

To serve: 1-2 cups sour cream (commercial)

1-2 cups Strawberry preserves

Lay a pancake flat, browned side up; put about 2 Tbs. of the filling in center. Fold sides in, like an envelope, then fold over side nearest you and roll the thing up. Easy? Stack the blintzes, with the seam side down on a platter until serving time. Covered with waxed paper or plastic, these will keep in the 'fridge for two or three days. To serve: Heat oleo or butter with oil in a big skillet (like a chicken fryer). When fat is quite hot, put in three or four of the blintzes. Brown lightly on all sides, and cook at least long enough to heat the filling through. Take from fat and drain on a paper towel on a large pan. Put these, as you fry more, into a 200° oven to keep warm until the rest are fried. Serve 2 or 3 blintzes for a serving, with side dishes of the sour cream and the preserves handy. These are a really wonderful dessert; they may be served as the main dish for a light lunch, with a small fruit salad.

**CAKES** Let's gas awhile about baking a cake, if you really feel that you must. We still advocate that small bakery where they'll probably do a much better job, at half the cost. But, just to talk about it,





we must consider commercial cake mixes; with these — and some luck — home cake-baking is not such a problem these days. However, few of these pre-fabricated items result in the kind of cake one fondly imagines Mom used to bake. Frankly, those old-fashioned ingredients such as eggs, butter, cream, etc., are just too costly to put into a package mix, even after processing. That wonderfully light and beautifully iced home-made cake of your daddy's day, would cost two or three dollars to make today; they sure as hell don't put that much goodies in a .29 package. (As a

matter of fact, the goodies you can get for two or three dollars are often not all they should be. Maybe it's inflation, if that's the word . . .) So, if it's cake you want we are serious in advising a trip to that little bakery; it won't really be cheap, but it'll (usually) be a much better cake than you can whip up. What the hell, girl, you can probably do some things the baker can't do!

And, this is not a recommendation for those packaged, assembly-line cakes sold in many big markets; these taste mediocre at best; are of always dubious freshness, and they ain't cheap, either.

One more argument against apartment baking of cakes; you'll need bowls, pans, whips, racks, mixers, cloths, scales, an oven that can be regulated to a degree, and considerable work space. With all this thrown in to discourage a reader, we'll detail a couple of unusual cakes here, come what may. As for more standard formulas, every magazine, paper, and hundreds of books are full of 'em.

**LOAF CAKES** Easiest to make are Loaf Cakes, and these can be handily done with prepared cake mixes. Here again, your cake is liable to be about as good as it costs. Commercial packaged mixes run from .15 to .45, and may also vary in weight from 9 oz. to 19 oz., and require one or two eggs. A medium small loaf pan may measure (at the top) 4 1/4 x 8 1/4 x 2 1/2" (at least some of ours do!) We buy a 9 oz. package of a certain mix; add 1 egg according to directions, plus a half cup of water. And—not according to directions—we always sneak into all cake mixes,

a level tsp. of Baking Powder. To the water a 1/2 tsp. of flavoring, vanilla for the chocolate, devil's food, spice mixes, lemon or almond to white or yellow cakes.

Grease the loaf-pan on bottom and sides, and then line with paper. We simply cut open a paper bag from the grocer's, and centering the pan, cut the paper sort of in the shape of a Maltese Cross, then fit this into the greased pan. Then we brush the paper with grease (or oil) and lightly flour it to coat the paper. We find that this extra keeps cakes from scorching, and makes for an even surface on bottom and sides.

The beaten batter goes in on top of the prepared paper to fill a little over half the pan; quickly into a 375° oven (preheated) and bake for just a little longer than it says on the package. This means 5 to 8 minutes longer, or until the cake tests done with a broom straw. (If the straw, pushed down into the center of the cake, comes out dry, the cake is done.)

The amateur baker must bear in mind that altitude can make a difference in baking times; so can excessive humidity. Also, you must not move furniture around the kitchen, or do any *entrechats* or other jumping or bumping, while the cake is in the oven, or it will probably fall flat. This ain't good.

Taken out of the oven, the cake is inverted on a cloth on a rack; the paper peels off easily. After the loaf is nearly cold, set it right-side-up on a platter or plate, and ice it. A handy frosting mix costs .15 for a 9 oz. package; we use half of this and simply mix it with a couple of tablespoons of very hot water. (We use coffee for chocolate icing.) This ices the top of the loaf cake and that's enough. This nice loaf costs a total .27; and is really pretty easy to put together.

Incidentally, a couple of hints as we think of them: If a glass loaf pan (or other glass utensil) is used for any baking, use slightly lower heat; in this case we would set oven at 330° instead of 370° if using a glass pan. Also, unless you have a proven-reliable heat thermostat on your oven, you'll have to get an oven thermometer to be sure of temperatures.

There are hundreds of not-too-sweet cakes that are best prepared as a loaf; many have added fruit or nuts; some are so unsweet, they are called breads. One such is a:

**FOUR FRUIT BREAD** (1 loaf pan 5 1/4 x 9 1/4 x 2 1/2"); Set oven 350°

2 cups sifted All-purpose flour	1/2 cup currants or raisins
3/4 cup sugar	(chopped)
1/4 tsp. mace	1/2 cup cut-up dates (or figs,
3 tsp. Baking Powder	or dried apricots)
1/4 tsp. salt	2 eggs, beaten
1 tsp. grated lemon-rind	3 Tbs. melted shortening
	1 cup mashed banana



Sift together: flour, sugar, mace, B.P., salt. Add rind, currants or raisins, dates or other fruit. Mix thoroughly but lightly. Mix together eggs, shortening, and mashed (or sieved) banana. Add this to dry ingredients, and stir lightly and quickly together. We found that a wooden salad fork does this mixing nicely; (it always helps to have just the right tool.) Mix just enough to blend well. Turn into a greased  $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ " loaf pan. Bake at  $350^{\circ}$  ( $325^{\circ}$  for a glass pan) for 45-50 minutes. Let cool 5 minutes; then take out of pan, set to cool on cloth-covered rack; cover loaf with light cloth. If made before dinner time, this bread is extra yummy when served slightly warm. To make this a little more festive, ice when warm with a plain *confectioner's icing*. Use about 6 Tbs. of XXXX Powdered (confectioner's sugar; add 2 drops vanilla, lemon, or almond to 2 Tbs. boiling water. Stir into sugar (sifted) to make a loose icing; pour over bread top and spread. This loaf makes a nice bit for that coffee break, too. Try it!

A very nice and very inexpensive dessert, and one easy to put together, is GINGERBREAD. This can be easily slapped together just before a meal, and served hot and spicy right out of the oven at the end of the meal. Our favorite recipe is low on calories and on cost. We have figured a 4 portion pan costs less than .30. Of course, you mad decorator types would probably goop this all up with whipped cream and candied violets, (at least!) to serve. Well! Have you considered, lately, just trying it the simple old-fashioned way?

So, and without further ado our prize recipe for *OLD FASHIONED GINGERBREAD*: First, preheat oven to  $325^{\circ}$ . Use a pan  $8 \times 8 \times 2$ ". Grease pan, line with heavy paper, grease—then flour—the paper. Put pan in the 'fridge while mixing the cake. In a bowl, mix:

1 tsp. cinnamon	$\frac{1}{4}$ tsp. soda
1 tsp. (or more) ginger	$1\frac{1}{2}$ cup flour (all-purpose)
$\frac{1}{2}$ tsp. (or more) cloves	1 tsp. Baking Powder
$\frac{1}{4}$ tsp. salt	

In a second bowl, mix to creamy:

$\frac{1}{4}$  cup shortening (4 level Tbs.) OR  $\frac{1}{4}$  cup sugar (4 level Tbs.)  
 $\frac{1}{2}$  cube oleo)

Pour over this:

$\frac{1}{2}$  cup dark Molasses—into which  
 you have stirred (another)  $\frac{1}{4}$  tsp. soda

Mix to light with sugar-shortening. Measure out  $\frac{1}{4}$  cup boiling water. Now mix the dry stuff and the hot water alternately into the molasses mixture, beating each addition in well. Last, stir in a beaten egg; beat with spoon for a minute or so. The batter will

seem quite thin. This is okay. Pour into prepared pan, and put into preheated oven. Bake at  $325^{\circ}$  for 25-35 minutes or until cake is fully risen and straw tests clean. Take out of oven; invert onto towel in one hand, remove pan. If cake is to be used at once, remove paper at once (it's better without it). Set cake flat on towel on a wire rack; cool for few minutes; cut with very sharp, thin knife. If the cake is to be held for later use, leave paper on part not used, turning paper up over cut side. Then wrap completely cooled cake in waxed paper; put away in tightly covered cakebox.

This is really generous for 2 or 3; we suggest 2 pans for 4 or more. Goes real well with any outdoor cookout or things like that. And this is so easy that even the kids can do it. (Kids are doing more and more, these days!)

**PINEAPPLE COFFEE CAKE** This is an absurdly simple, and quite inexpensive coffee cake; could be served as a simple dessert, too. Real tasty, right out of the oven. You'll need an 8 or 9 inch square pan, greased. Set oven at  $400^{\circ}$  and you're off.

1 #2 can crushed pineapple	$\frac{1}{4}$ cup (4 level Tbs.) sugar
$\frac{1}{2}$ cup juice from canned pineapple	$\frac{1}{4}$ cup brown sugar (packed down)
2 cups Biscuit Mix	sprinkle of nutmeg and/or cinnamon
1 egg	

Drain pineapple and set aside. Mix  $\frac{1}{4}$  cup of the can juice with 2 cups biscuit mix. Stir in 1 egg.  $\frac{1}{4}$  cup of sugar. Pour this mixture into greased pan. Cover top evenly with drained pineapple. Sprinkle with brown sugar, then cinnamon and/or nutmeg. Bake at  $400^{\circ}$  for 25-35 minutes. Best served at once. Real easy, real good. Serves 3 or 4.

What would our little nest be without a nice piece of fruit cake? (Oh, quiet you! Stop that snickering!) Of thousands of fruitcake recipes, this seems one of the easiest; comes out nice, too.

**QUICK & EASY FRUIT CAKE** Use  $9 \times 5 \times 3$ " loaf pan (or slightly smaller. Grease and flour pan, add paper, grease and flour that. Set oven at  $325^{\circ}$ .

1 package Date Bar Mix (the kind that has a filling)	$1\frac{1}{2}$ tsp. Pumpkin Pie Spices.
$\frac{1}{2}$ cup hot water	OR 1 tsp. cinnamon, $\frac{1}{4}$ tsp. nutmeg, $\frac{1}{4}$ tsp. allspice
3 eggs	grated rind of 1 orange, 1 lemon
$\frac{1}{4}$ cup (4 level Tbs.) flour	1 cup broken walnuts
$\frac{1}{4}$ tsp. Baking Powder	1 cup chopped, candied fruit
2 Tbs. molasses	1 cup raisins



This packaged mix will be in two parts, mix and filling. Combine the date filling with hot water in a large bowl. Add the crumbly mix, eggs, Baking Powder, molasses, spices. Cut up the fruits, nuts, raisins, rinds; mix lightly with the flour. Fold fruit, etc. into mix—blend well. Pour into prepared pan. Bake 80 minutes (or more) or until toothpick or straw comes out of center clean. Cool; wrap in foil; store 2-3 days before cutting. Baking times will vary considerably and unaccountably with size and shape of pan—so just shove it into the oven—and when it tests done—snatch it out.

After the cake is cooled, it may be glazed, which'll make it look better. Bring  $\frac{1}{4}$  cup light corn syrup, and 2 Tbs. of water to a rolling boil. Cool, and pour this over the cake. At Happy House, we follow this recipe exactly, except that we substitute some heavy bodied cheap wine (sherry, tokay, angelica, muscatel) for the hot water; and when glazing, we use brandy instead of water. After about a week, wrapped tightly, and in an air-tight can, this cake slices up something sensational. It's not exactly cheap—but it's a real goody. It keeps well, too (if properly hidden!)

As noted here before, there are a million cake and baked-goods recipes; we still advise that you buy the stuff in a small neighborhood bakery.

**COOKIES** We'll add a kind word about cookies: they're nice to have on hand. In the store, market, or bakery, they'll cost from about .35 to .45 a dozen. To make at home, they'll probably cost a bit more than this; so why bother? The ones at that neighborhood bakery are fresh and often real good. You can much more profitably spend the time with a good book, or in a bubble-bath, or doing what comes unnaturally. So, with all this, we'll just throw in one cookie recipe here: a number very popular with those rough trade bullfighters in Spain. These are called *Dados de Hada* or *Fairy Fingers* (a real natural for this encyclopedia):

3 oz. sugar	2 egg whites
$\frac{1}{2}$ cup water	few grains of salt
1 Tbs. very strong coffee	pinch Cream of Tartar
(OR: use 1 Tbs. instant	2 oz. blanched almonds
coffee in $\frac{1}{2}$ cup + 1 Tbs.	chopped fine OR coarse
hot water; dissolve, then	almond meal
work in sugar to make the	
syrup)	

Make thick syrup with water and sugar; add coffee, or use instant as suggested above. Beat whites very, very stiff, adding salt and Cream of Tartar. Pour the somewhat cooled syrup into the very

stiff whites, gradually, while continuing to beat steadily. Fold in the almonds lightly. Grease very lightly a flat baking pan—or cookie sheet—with butter (or oleo). Dust very lightly with flour, blowing off excess. Lay spoonfuls of the mixture in 4 inch long, narrow rows or ribbons. Bake at 325° for 15-20 minutes. Cool 3 minutes; take off pan, laying on waxed paper. Cool thoroughly, then store in air-tight can. These are made and handled very much like lady-fingers; it figures . . .

**HOT BREADS** This bit will include (briefly!) something about hot rolls, biscuits, muffins, and the like, and a very little about making a loaf of bread. As has been repeatedly said here, baking can require lots of time, and quite a variety of equipment, and—in particular—a reliable oven. Unquestionably, a home-baker can turn out a variety of baked things, that may be as good or even better than bought ones; they'll usually cost quite a bit more, too . . .

**MIXES** There are now mixes for almost every baked item; by mixing 5 cents worth of flour, with 5 cents worth of salt, dry-fats, and baking powder, you would have a prepared biscuit mix that would cost at least 20 cents in the grocer's. (This is big business, and the buyer gets it!) However, these prepared products are handy, usually reliable and most are very adaptable. America's best known biscuit mix now issues a pamphlet of about 50 recipes using the product; all are pretty sensible. Using this basic mixture, simple additions make hot cakes, muffins, shortbreads, coffee cakes, etc. Undoubtedly handy to have around. So, let's throw in here a standard, basic biscuit mix; we make up a big jar, and always have it on hand. Costs about twice as much in the package.

**BASIC BISCUIT MIX** (This small amount makes about 15 biscuits.) Set oven at 450° (or slightly less), bake biscuits 12-15 minutes.

2 cups sifted flour (all-purpose, or bread flour, NOT cake or pastry flour)	
3 tsp. Baking Powder	2 Tbs. (level) instant dry milk
$\frac{1}{4}$ tsp. salt	4 Tbs. (level) shortening
1 tsp. sugar	optional: a pinch of mace

Mix all the dry ingredients together; cut in the cold shortening with knives or a pastry blender 'til all is of coarse meal consistency. Store in large tight-topped jar, away from heat, but not necessarily in 'fridge. This mix is used in any prepared biscuit mix recipe, by addition of  $\frac{1}{2}$  cup cold water to a little over 2 $\frac{1}{2}$  cups of the mixture. Stir water in quickly; pat dough out lightly onto lightly



floured board or pastry cloth, to about 1 inch thick. Cut biscuits. Place on any lightly greased pan or sheet; if close together they'll rise higher, otherwise about 2-3 inches apart. Brush tops with a little plain milk, or with diluted evaporated milk; this browns tops nicely. Knead and/or handle dough as little as possible; it may make it tough. Dough should be sorta soft,—just firm enough to lift into pan.

A trick we learned in Canada: instead of cutting rounds, then re-rolling scraps for a second cutting, just pat dough out into a square; with a very sharp knife cut across then down. Your biscuits are square but no second-rolling is called for. Cute, huh?

**BISCUIT VARIETIES** With a little good sense and some imagination, a hundred or more varieties of biscuits may be fashioned by simply adding something to the Basic Mix. Added grated cheese makes a cheese biscuit and grated American cheese is only one kind; grated Italian or Swiss make entirely different-tasting varieties. Fresh or dried herbs make tasty biscuits; chopped crisp bacon or ham make hearty ones. A little instant onion, or even some minced fresh onion, makes nice biscuits. What the hell, girl! Use ya imagination!

**SHORTBREAD** We make a nice Old-Fashioned Shortbread or shortcake by adding to 2½ cups biscuit mix 4 oz. (4 level Tbs.) of quick oats, which we chop up a little with a sharp knife; then toss in an additional 2 Tbs. sugar. A full cup of cold water (with perhaps just a bit more) seems to make a fine shortbread for berry and fruit shortcakes. (Fattening as hell, too!)

**HOT CAKES.** By adding 1 beaten egg to 2½ cups of the basic mix, with ¾ cup of water we have a real fine hotcake mix or batter. All sorts of things—in turn—can be added to this.

**MUFFINS** With one beaten egg, ¾ cup water, ½ tsp. vanilla (optional), we have a good standard muffin mix. Adding ½ cup fine yellow cornmeal to 2 cups of the mix, plus 1 egg, and 1 cup water—we have a fine CORN MUFFIN mix. (We also toss a ½ cup of drained canned corn, and about a Tbs. of bacon grease into these. This will make Jim smack his lips!

**OTHER PREPARATIONS** Very fine rolls, biscuits, etc. also come in pressurized cans, in the market freezers. You just open the thing, put 'em on a pan, and bake. Very handy, and not too expensive; about a penny for a biscuit or roll.

While we're at this, you can also buy prepared (that is made and shaped; some even in pans) rolls and breads made from yeast bases. These you just thaw and bake; and they're pretty good, though they

do take some little time to thaw and raise. These are better at least than the tasteless, air-filled, assemblyline breads that seem to be that market standard these days.

**CORNBREAD** goes with many things; is quick and easy to make. for a 9" x 9" pan, set oven 375°-400° or heat a heavy iron skillet; put in some bacon fat and let it get hot. Pour cornbread mix right into this; set into oven at once; bake 'til done. This is real country-style and very flavorful. The mix:

1 cup cornmeal (we prefer yel- low)	1 cup milk
1 cup flour	1 egg
¾ cup (or less) sugar	¾ tsp. salt
5 tsp. Baking Powder	2 Tbs. melted shortening (may be oleo, butter, bacon fat, etc.)
pinch Mace (optional)	

Mix dry ingredients well; add milk and egg, beat well. Add shortening, beat in. Pour into pan (see above); bake about 20 minutes in medium hot oven. Test for done with toothpick or broomstraw. When done cut and serve at once.

And simply to make our Boston cousins happy and because it's so easy to make, there's a somewhat unusual recipe for OLD FASHIONED BOSTON BROWN BREAD (in a new-fashioned sort of way). Of course, those Boston belles are raised on the stuff, and will tell you that the true 'O.F.' recipe calls for much steaming and other such carryings-on. We prefer our steaming at the Baths! This modern brown bread is simply baked in old tin cans and is real tasty, as is many a quick trick done in a can . . .

2 cups graham or whole-wheat flour	1 tsp. salt
½ cup all-purpose flour	2 cups buttermilk
2 tsp. Baking Soda	½ cup molasses
	1 cup seedless raisins

Combine all ingredients, mix well. Spoon into 3 well-greased #303 cans, to ¾ full. Let stand for half an hour; then bake at 350°-360° for 45-50 minutes, or until straw shoved down through center comes out clean. Let cool before slicing; will keep well in can if open end is plastic wrapped and secured with rubberband. This bread is best sliced thinly.

We feel that this is enough baking for our compact cook. If you just MUST get something into your old, hot oven—well, you should know what to do about it by now.





## CHAPTER THIRTEEN

### *Drunks and Drinks*

Coffee  
Tea

Iced Tea & Coffee

Milk

Instant Milk

Cream

Beer

"Hard Stuff"

Tequilla

Rum

Sake

Liquers

Part Two:

WINES

classes of wines:

Appetizer

Red Table Wines

White Table Wines

Sweet Dessert Wines

Sparkling Wines

Sherry

Champagne

etc.



# THIRTEEN

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Well, kiddies, here we go on the home stretch, with a few words about beverages, and a mad bit on wines. Then, we'll have it made, and we hope it doesn't take you all that time!

By this point, readers who have patiently waded through the whole bit, will have picked up many little household hints, that will positively make them the Queen of the Kitchen, whether man, woman, child or just undecided. (Some awfully young ones are getting into the act, these days.)

Let's take a quick look at things to drink . . .

**COFFEE** Nothing—well, almost nothing—is so dandy as a good cup of coffee; it warms you, refreshes you, and gives you a chance to get acquainted with that stray pickup without investing \$6.00 on a bottle. Also, coffee-making and serving is suited to the compact kitchen facility; it only needs a single burner, and takes less than 10 minutes to get together. First, let's say a discouraging word for instant coffee: UGH! This type brew may save a few minutes, but it makes the cup of whatever it is twice as costly as real coffee, and that is expensive enough. You will note that there is rarely any aroma from a cup of this stuff, and aroma is one of the finer features of a satisfactory cup of coffee.



While we're on this down cycle (quiet, Mame) let's not buy any cheap, bargain coffee; it's usually no bargain. Get a standard good brand, and make the coffee properly, an' ya gotta good cuppa java.

Much has been written about coffee-preparation methods; it can be dripped, filtered, steamed, boiled, perked—and so on. Instead of going into all these, let's just see how we do it at Happy House; people come from miles around, just for our coffee. (Well, that's what they say!)

First, we've got a big gallon glass jar that mayonnaise or pickles came in; it has a tight screw top. In the jar we put two pounds of regular grind coffee of some standard brand. From a large market or from an Italian store, we put a pound of Italian roast (or French roast) coffee. We try to get this in a standard, regular grind; if not available we'll take a drip grind; never a powdered grind. This, incidentally, is

called Espresso Coffee on some labels. We add this dark-brown coffee to our two pounds of regular in the big glass jar, and shake it up (mix it, silly), and that's our coffee.

We use a heavy, white, enamel coffee percolator. We clean this pot thoroughly after each use. Experts say you must start coffee with cold water; we see no reason why, it takes twice as long that way. We use hot water from the tap, and fill the pot just to the bottom of the basket. (There's that magic word



again.) Into the basket we put one heaped teaspoonful of the coffee for each cup to be made, and add one extra. By "heaped" we mean all you can get on the spoon. With the lid down, we put the pot to a fairly high flame, reducing this slightly as the coffee begins to perk. We let the coffee perk hard for a full three minutes, turn off the heat and pour. We think it is delicious coffee. Yes, we've got a fancy electric percolator around the house; in fact, we often serve coffee from it. But we *make* the coffee in the heavy enamel pot in the kitchen.

If the percolator of coffee is to stand for any time, remove the basket of coffee-grounds as soon as it has all dripped down—about three minutes after taking from fire. The coffee left in the pot—without the basket of grounds—may be quickly reheated if desired. This method makes a fine, aromatic, full-bodied cup of coffee, that seems to be liked by all; in fact—thinking about it, we may concede that some of our visitors do just come for the coffee!

**TEA** Here again we must say that much has been written about

teas and their making. An orange-pekoe seems to be the American standard, and here again you get about what you pay for. Also, tea bags are handy to use, but they certainly don't make as satisfactory a cup of the stuff as bulk tea. Basic teas are either green or black; we won't attempt to go into that here either, except to say that green teas make a paler brew, though with a fine, delicate flavor. (We like a Chinese spiderleg—a natural green tea; but it is very hard to find.)

As with coffees, almost all teas are blends of several; the standard orange-pekoes may vary in strength and flavor, but only to a proper tea connoisseur. Of course, some ladies go in for the teas with the aromatic spices and blossom flavors; well, if you like that sort of thing—okay! Few male "guests" will appreciate them, Mary.

To make tea is really simple; use a heavy earthenware pot; fill it full of hot water to warm the pot while the actual water for the tea is coming to a rapid boil on the stove. Put the water on to boil while measuring out your bulk tea. We use two slightly rounded (just over level) teaspoonsful for three large cups of tea. However, teas and tastes vary; a hard and fast rule is not possible. Put the measured tea into a small dish—or even into an empty tea-cup; if there seems to be a lot of "dust" or very fine tea in it, you had better drop the dry tea into a fine strainer, allowing this dust to shake away; we'll just use the good leaves.

When the water is actually at a rolling boil on the stove, quickly dump the warming water out of the pot; put the tea into the pot; take the pot to the stove, and quickly pour in the desired amount of boiling water. (An old, old, old bit goes: "Take the pot to the water—never the water to the pot" Hmmm! Some type Elizabethan humor?) Put the lid on the teapot; let the tea stand or "steep" for four to five minutes, then pour the stuff out into cups and have at it. We use a small silver tea-ball, a gadget of pierced metal about the size of an egg; the dry tea goes into this, the gadget goes into the warmed pot with the boiling water, and we don't have to use a strainer between pot and cup when pouring. Without this, you'll need a small tea-strainer to get a nice clear and clean cup of tea.

Serving tea sometimes presents some problems: some like lemon with it, some sugar, some cream, some milk, and some just want a cup of coffee. Well, that's tea for you; you can develop a taste for it; even acquire some knowledge of famed blends, types, etc. We only add that some of these famed blends cost as much as \$5.00 a pound—and that makes for an expensive cup of tea. Who needs it?

**ICED TEA & COFFEE** Iced tea is real dandy in summertime, particularly when a look in the mirror reminds you that beer is fattening. There are especially strong and full bodied blends on the market just for iced tea. Or make real strong tea as above and let it get cold.



Don't refrigerate it while it's even warm as this will cause it to become cloudy. Pour this cold tea over ice cubes in a tall glass; add, as you wish, sugar, mintleaves, lemon, vodka, tequila, etc. In fact—using some of these items—the tea may be omitted completely.

Similarly, strong fresh coffee can be cooled, then poured over the ice cubes; also sugared, creamed, or with a large dollop of Puerto Rican rum instead of the cream to make a very refreshing summertime drink.

**MILK** It seems sorta silly to have a piece here about milk. What the hell's so exciting about the stuff? Well, nothing really, unless you choose to remember the useful containers some of it comes in! Lotsa people are drinking milk these days, it is undoubtedly healthy and nutritious. It is also considerably cheaper than gin.

On the other hand, milk as a customary beverage must be near the top of that "Kiss of Death" dieter's list; it's undeniably fattening. Also, compared to coffee and tea, that homogenized and/or pasteurized stuff is a little costly. Even skim-milk, (now politely called non-fat) is pretty emasculated stuff, and it too ain't cheap.

**INSTANT MILK** However, there's some hope in view for the confirmed milk users in the newly-developed instant dry milk crystals. (Don't look back to that hitch in the service 20 years ago, when they gave you that powdered milk-and-water; things have improved since then. As a matter of fact, properly put together, the current dry-milk crystals can make a drink that many people cannot tell from real fresh milk. Properly put together, this milk-form offers a 'non-fat' milk drink that costs less than a dime a quart, and—to repeat—is often not discernable from real milk.

So how? For cooking purposes: put 3 just-rounded tablespoons of the dry-milk crystals into a deep measuring cup; fill cup to  $\frac{3}{4}$  full of water. (Of course this is a one-cup cup silly!); stir together with fork or spoon, then fill cup to completely full with water. This makes a cup of rich reconstructed milk, to be used at once in sauces or any cooking purpose. Just remember, there is no fat in it, so butter or other fat in any recipe will have to be added.

A little more care is needed to make the stuff fit to drink with any enjoyment. Use a glass like a delmonico fruit juice glass (this is also the size they pack all those popular cheese spreads in) as a measure. Fill this—heaping—with the dry milk crystals; dump it into a quart mason jar (we even add an extra pinch . . . but, that's us; live it up!). Fill jar half full of cold water; then shake it up a bit, to dissolve all the crystals that might be stuck on the bottom. Add 2 Tbs. canned milk (evaporated); this will give the drink body and color. Finish filling the jar with cold water; screw top on, and put away in the 'fridge for at least 10 hours. The stuff HAS to sit this long to "marry" (we're told).

Made in the evening, the morning result is a cold drink (almost) indistinguishable from the regularly bottled milk. Without these homey measuring devices, we suggest about  $4\frac{1}{2}$  to one ( $4\frac{1}{2}$  cups water to 1 cup crystals; as this will make just over a quart, we would suggest  $2\frac{1}{2}$ -3 Tbs. canned milk. One other little bit; while milk made of dry-milk crystals is fine after standing for about 10 hours; it rapidly deteriorates after about 20. From this point on it's unpotable.

**CREAM** To take the natural milk bit just a bit farther, and to explain it to those naive souls who "just don't know" or for those who are a leetle scrawny, and would like to get a little fat in the best places, there are two basic processes of commercial whole milk; homogenized, where the cream will not separate from the bulk of the milk; and pasteurized, with the thick cream rising to the top of the bottle (or container). A little richer than these is 'extra-rich' milk; next richer is 'half & half' (supposedly half cream; half milk); then coffee-cream and table cream. There is very little difference—except in price—in these last three, all are actually thinned cream. Then comes whipping cream and extra heavy whipping cream for an extra-heavy price. Next stop—assumedly—is butter! And there you have all that's fit to print about the creams you love so well.

**BEER** We'll just snootily by-pass all those innocuous ades,colas, and such-like soft drinks that are rarely thirst-quenching and can only serve to clutter up the icebox. This leads us to that prince among light refreshments—beer. We all have our favorite brands, for one reason or another, and all the good ones cost about the same. There are many 'touted' cheap beers (on "sale" in liquor, drug stores and markets; they are seldom good; in fact, they should be put back into the horse from which they came. Experts say that the cheapest way to buy the standard good beers, is in the quart bottles.

However delightful the beer may be (and it is undeniably fattening, dammit!), in this country the brew will be under 4% alcohol by volume. In Canada it may be as much as 13% alcohol; even more than this is some of the great Australian stouts. Don't rush out to buy some "Canadian," Gert; it is all cut down to our national tolerance (by law) for import into this country, as are ALL foreign beers, ales, stouts. These things all add up to some of the reasons why—here at Happy House—we prefer a light wine as a cooler and refresher. Properly served, it has fewer calories than beer and far more alcohol. Even the dry wines, (non-sweet) are at least 12% by volume; champagne—(it may shock you to find)—is about 11% by volume; and the heavier sweet wines are as much as 23% by volume alcohol. However, all wines—cheap or expensive—make wonderful drinks mixed with soda, good ginger-ale, etc. Mixed half and half—(like a dry white wine such as a Reisling,



mixed with good soda water)—you will have a long, refreshing drink called a Spritzer; cool and delightful, and still containing more alcohol —(if that's what it takes)—than a little amount of beer. Or, if you use a very dry sherry (23%) with half soda and ice, you again have a fine drink that is almost 12% alcohol—and these can creep up on you, too. Besides being stronger alcoholically, the wines bought in half-gallon or gallon bottles are much, much cheaper than beer, and take far less storage room.

Of course, there's nothing like that old (but good!) line: "Let's go up to my place for a beer." Take it from there.

**THE HARD STUFF** To get right down to it, it's very often the cost of the stuff that greatly determines what kind of liquor you'll serve to guests. At Happy House, we do have a few bottles of goodies stashed away, (hidden—and under lock and key!); for casual entertaining, we offer beer and light wines. These are cheap and filling, and a few won't affect the performance—the guest's or ours!

However, there's always that P-elegant trull who wants to booze it up and has the loot. Well, there's certainly lots to choose from; all we can say, is—whether it's whiskey (any type) or gin, vodka, brandy, liqueurs,—if they're good, they're expensive; and if they are of lesser cost and quality—they're seldom good. Our advice—perfected through the many years—is to be a "one thing" drinker; the one thing being something like rum, tequila, *sake*—or even sherry. Have nothing else in the house except this one beverage, and—if you like—serve it forth in many ways. Take tequilla, for example. Like most imports, some is good, some is terrible; a good deal depends on what you pay for it. If you must drink tequila, Jose Cuervo is considered the best make that is exported from Mexico. (Real crazy down there . . . one of the finest brandies in the world is made in Mexico—in Saltillo—called Madero, and none is exported!) Back to Tequila: it's a fine (soul scorching) drink straight, or with that crazy lemon or lime and salt routine. We know some mad, mad people who drink straight tequila with chilled champagne for a chaser; hangovers are in Technicolor, and with a wide-wide screen. There are many standard tequila cocktails such as a Daisy, Sunrise, Margarita—and so on. We like one put out years ago by a bartender in Balboa, Calif., which he called a *Tecolote* (Owl). Stirred up like a Martini—a jigger tequila, jigger good brandy, dash Angostura bitters. Stir with ice, strain into cocktail glass. Not a sweet drink and deceptively mild. (As a matter of fact, this tastes somewhat like diluted coca-cola!) It is definitely a "creeper-upper" type drink.

Or do the rum bit. Have a party and lay in some Bacardi; white, gold, and the Porto Rican *anejo* (old) rum by Bacardi. Also have on

hand two or three brands of Puerto Rican rums from light to dark in color and flavor. And of course no rum bash is complete without some black Jamaica; this is often called a Demerara-type rum, and is strong stuff. Jamaican rums are age-indicated by daggers; one dagger is 5 years old; 3 dagger rum is 15 years old, etc. Almost all of these are over 94 proof. And—there is an O.P. (for overproof) rum, of several brands that is 151 proof. This is a fine mixer, but it shore ain't to be trifled with. A tsp. in a cup of fresh, hot tea is a wonderful winter drink.

Or, there's the *sake* thing! Get out that old kimono, lay in a stock of incense, hire some *sake* cups and bottles from a Japanese caterer and buy several gallons of *sake*. (Actually, gallon containers are very hard to find in this country, but half-gallon bottles are in almost any Japanese store. While the stuff is not exactly cheap (figure about a quart or a quart and a half per guest, you will find that it will cost a great deal less in a Japanese grocery store than in your neighborhood liquor store. So, ya find the Japanese section of whatever city you're in, locate a grocery and buy your *sake*. Almost any *sake* that is imported to this country is good.

Also, with the *sake* bit, lay in a lot of things to eat, small munchies particularly. Japanese boozers insist that you cannot get drunk on *sake* if you eat steadily as you drink, and they prefer to nibble at dried tiny shrimp. (So do we, but it took a little time to get the idea.) Of course, ya wanna be real elegant (and make the most of the opportunities offered) get a lot of simple, inexpensive men's kimonos (called *yukatas*) and insist that each guest strip and be fitted to the light Japanese robe, as he joins the party. You may even have a party before you get to the *sake* . . . One other thing about *sake*; it is a "creeper-upper" type drink. The stuff is heated (in the kitchen) and poured into those cute little bottles, which are set into a pan of hot water to keep hot—with an inverted *sake* cup over the bottle to keep in the aroma (and the alcohol). Plan on one cup for each guest, as well as one bottle and a few extra. The guest is served with a cup and a bottle of the hot wine; after a few cups, he will invariably say something like: "Don't get what you see in this stuff, has absolutely no effect on me." Very, very shortly after this, he'll be with it. *Sake* can be awfully damned deceptive. And the morning-after is too much! But, it's all fun, and we almost hesitate to mention it here, but Japanese claim that *sake* is—to some extent—an aphrodisiac. On a *sake* binge, you are with it, and stay with it!

**LIQUEURS** This liqueurs thing can make for some really elegant entertaining, but Oil, expensive! Some of these fine sippin' drinks are not too contrived or nauseous; we think the very best of 'em all for after a meal or as a nightcap is 5 star Metaxa brandy. This is like noth-



ing you've ever tasted before (and undoubtedly many of you have tasted largely and widely). Metaxa is just sensational. But, Metaxa is for one (two at the most) straight drinks; not to sit down and chug-a-lug the bottle. A fifth costs about \$9.00 and a little properly taken goes a long way. It is worth the price. Some claim that Metaxa is a stimulant. We don't know about that; but it's a helluva fine drink. Try it—go into a good bar and get a shot. Ask the bartender—he'll agree; Metaxa is the most!

**WINES** We are not omitting wines in this chapter, simply saving the best for the last. Almost anyone will agree that wine is the best food accompaniment; while Americans are drinking more and more wines each year, many do not because of a lot of silly notions about it. Just don't believe much of what you've heard about wine-drinking. In the second part of this chapter we'll set all this straight. (It'll be the only time we tried to do that!)

In civilized communities everywhere in the world, wine is the natural accompaniment to a fine meal. So, let's try some wine with our meals or as an appetizer or dessert; or just to perk up the cooking.

And, at once, let's make another thing clear; folks with youngsters to feed should know that in wine cookery, the alcohol evaporates at 174°F; this is even before water will boil, (212°F). Heat leaves only the delicious wine flavors, and wine-cooked foods are thus suitable for the whole family. Of course, the old country folk give their remarkably healthy kids wine; diluted at first with water, but wine almost as soon as they are off the, er . . . bottle.

Now, to keep things in order, let's get back to our Gentleman Cook's question about certain wines with certain foods. From all we can gather, this is a leftover idea from days when wine-drinking among wealthy people offered the snobbishness of selectivity to those who could afford a different wine with each course of a formal meal. Basically, the rule said, "white wines with fish, shellfish, poultry (except certain game), and red wines with red meats, etc." Well, if you still feel that this is a good hard and fast criterion, stick with it! But the modern idea of drinking what you like in wines, seems much more sensible. Vintners have brought to perfection the Rosé wine that goes with everything!

Certainly there are exceptions to any rules; it's for sure you wouldn't want to drink a heavy, sweet wine with fish or meats.

We have mentioned light table wines and heavy dessert wines; let's try to condense what we know about the differences.

First, among hundreds of wine-types there are basically 14 distinct varieties; these are further grouped into 5 classes of wines.

1. Appetizer Wines
2. Red Table Wines
3. White Table Wines

4. Sweet Dessert Wines
5. Sparkling Wines

Almost all wines fall into one of these classes. Differences of the grapes used, or blendings, or of the winemaker's whim with names, make the individual bottle and its name. Here again, we can somewhat reduce this maze of names, classes, and types. We have "generic" names, and "varietal" names. Generic names are usually of geographic origin, some merely of long usage for a particular wine. Burgundy, Claret, Rhine Wine, Sauternes, Sherry, Champagne, etc. are generic names, just as French bread and Swiss cheese are. Varietal names indicate that over 50% of the wine is made from that grape variety; such as Zinfandel, made from the Zinfandel grape; Muscatel made from the Muscat grape; Reisling is made from a Reisling grape, and so with Cabernet, Pinot Noir, Grenache, etc.

To take this a little farther: Traminer, Sylvaner, Reisling, etc. are varietal names of different Rhine Wines. The varietal names indicate the grapes used; Rhine Wine is a generic name for wines of this type. Similarly, Burgundy and Claret are generic names of types of red wines. Gamay, Barbera, Pinot Noir, Grignolino, Zinfandel, etc. are names indicating the variety of grapes in bottlings of red wines with these names.

A Rose (pronounced *ro-zay*) wine is a generic name indicating a type (pink-colored) of moderately dry-to-sweet wine; a Grenache, or a Grenache Rose, shows that the wine was made mainly of Grenache grapes.

Now, next we have the dry and sweet bit. Sweet wines are usually just that; dry wines are just less sweet. It certainly wouldn't do to call them sour which they definitely aren't. A principle difference; dry table wines average 10% to 14% alcohol by volume; sweet (dessert) wines are from 19% to 24% alcohol by volume.

To get back to our 5 classes of wine: our first is the Appetizer Wine. In this group we have Sherry, Vermouth, and a lot of Special Natural Wines. (That's what the wineries call them.) Sherry we'll go into later, and at some length. Here we'll just say that Sherry has many types ranging from a tart or dry wine to a very sweet wine. Incidentally, the Chef finds that a heavy bodied sweet sherry is best for all 'round cooking.

Vermouth is simply a wine, or blend of wines, to which have been added herbs and other aromatic flavors, sometimes as many as forty or fifty in one wine. These give Vermouth its distinctive flavor. Vermouth may be either dry (French) or sweet (Italian).



Some appetizer wines of the natural type, are named by special brand names. Most are blends of natural sweet wines, each with a distinctive flavoring of herbs and aromatics added. Also, most are less expensive and are not aged; hangovers after a heavy evening with many of these can be really King Size.

The second and third of the five classes of wine are the Red and White Table wines. These are light (usually 10%-13% alcohol by volume) wines to be taken with meals, though they certainly can be used refreshingly at any time. These are also called dinner wines.

The Red Table wines are principally Burgundies and Clarets. These are generic names, and indicate that they are full-bodied, robustly flavored, dry red wines. Of the two (both are about 12% alcohol) the Burgundy is considered the heavier in body and flavor.

In this class may be included the wonderful Rose (*ro-zay*) wines, which are pink or light red. The Rose wines are about the same alcoholic strength, and vary among brands and producers from a dry to a semi-sweet wine. Rose has been extensively grown and perfected in California, and is truly an all-purpose wine. It is fine with fish and shellfish and equally appetizing with roast beef. Many wineries now produce Rose under many brand names. The Chef suggests you find one that suits your own taste, and you've got a really wonderful, economical mealtime drink. Rose wine is usually served chilled but many Westerners prefer all their wines chilled. And why not if they like 'em that way?

Also in the light red table wines class, are some red wines (usually less expensive) called by various names such as *tipo*, *vino rosso*, *paisano*, etc. Almost all of this group are labeled mellow; these same strength mellow wines are usually a little sweeter than Burgundy or Claret; they make a fine table wine for people who may find Burgundy a little too dry.

Also in this group of wines, are some that are even sweeter than the dry table wines, though they are hardly sweet enough to be classed as dessert wines. These are usually made of American grapes such as Concord, Catawba, etc. (Most other wines are made of grape lines descending from originally imported roots and vines). Most kosher style wines are in this group; so is that favorite old American wine Virginia Dare and others that are similar.

Among the best of the Burgundies are those made from the Pinot Noir grape; this name on a bottle of selected table wine assures a fine meal accompaniment. Less expensive, but certainly delightful to drink, are Burgundies made of Mountain Red grapes; these offer a fine family table wine.

Claret has a lighter flavor and bouquet than is in the Burgundies . . . for those who like it that way!

Let's answer one of the first questions put: "What kind of glasses?" A 5-6 oz. glass—of any shape—is just fine with table wines, though certain styles are pretty standard. Drink your wine out of mugs, the baby's bottle, the tooth-brush glass, any old thing that's handy, 'cause the wine is GOOD! It may *look* better in plain, clear glass, but paper cups can do the trick, too!

Making a stew? or a pot-roast? When the gravy starts to cook down, and some more liquid has to be added, use some tart red table wine; a Burgundy or a Claret, a *vino rosso*, *paisano*, or even Rose; sweeter wines are not so good for this.

Red and white wines do differ, just as the various grapes used taste differently. For example: Concord grapes taste differently than Muscat grapes. Both red, white and Rose table wines are made with the same methods; quite often this is a bulk process in California, especially with some of the less expensive wines. There is one difference; the color. We are told that the skins are left in the fermenting red wines and are not left in the fermenting white wines. In the Rose, they are left in for a time, then fished out; y'see, the color is actually in the skins. Of course, later processing (straining, etc.) removes the skins after the wine is satisfactorily colored. I hope that answers that one. Now, sit back, Gert with that tall, cool glass of white wine and soda (called a spritzer), and let's get on with this.

These fine white table wines may be roughly divided into three groups: the Chablis type; the Rhine Wine type; and the Sauternes.

The Chablis-type wines are much like French white dinner wines made from *Charbonnay*, *Folle Blanche*, *Pinot Blanc*, and other white wine grapes. These make a slightly fuller-bodied wine than the Rhine Wine types, which are considered lighter—though there is practically no difference in alcoholic content. The Rhine Wines include Reisling, Sylvaner, Traminer, Moselle, and many others. Liebfraumilch and Johannisburger are also considered among the Rhine wines.

We seriously urge you to pleasantly add to your wine knowledge—and have some fun with your friends, besides. (Hmmm!) Get the gang together, and have several bottles of each of these white table wines. Chill 'em; sample some of each comparatively. Soon you'll get to recognize and know the differences, and will find out which you like best. It's fun and can lead to almost anything!

The third of this white table wine group is called Sauterne, though in France it is called a *Sauternes*, possibly because it is a blend of several wines from the original district. It includes a wide range of sweet to tartness; or from sweet sauterne (called *haut* or *chateau*) to dry sauterne. Here again, sauterne is a generic name.

There are other white table (or dinner) wines; a white *chianti* that is quite dry, and several American grape wines from Scuppernon,



Catawba, Delaware, and other grape types. Most of these are semi-sweet wines; a light white Muscat which varies considerably in different brands and bottlings may be dry or semi-sweet.

Poaching some fish? Steaming a few fresh clams? Making a gelatin salad or mold? Almost any time that you use water for these and other similar kitchen tasks, the finished food will be doubly good and wonderfully flavored, if you use one of these light white wines instead of the water. And you'll find them in generous and inexpensive half-gallons in your neighborhood markets and liquor stores. You'll be amazed! Try them!

After appetizer Wines (No. 1.), Red and White Table Wines (No. 2 and 3), come the so-called Sweet Dessert Wines. Basically, this category includes most of the sweeter wines that are 21% to 23% alcohol by volume. Briefly, these are Port, which comes in a range of several colors and quite a few exciting shadings of flavor; Muscatel, also in several colors, various grades of flavor and sweetness; and Tokay usually a pinkish-gold blend of several sweet wines that is noticeably sweet. Others of this group are *Angelica*, *Madeira*, *Marsala*, and many sweet Sherries, (including *Olorosos*, cream, etc. More about Sherry—a most unusual wine).

What is often overlooked, is that all wines are not necessarily made of grapes; there are fine berry and fruit wines, too. Most of these are sweet and so fall into this dessert wine group.

Let's take a moment to look at some Sherry Wine.

Down in the corner of Spain, between Portugal and Gibraltar, is a smallish Spanish City called Jerez (sometimes Xeres) de la Frontera. While all Californians can pronounce this name correctly, the British never did, so in England it became Sherry. This is the centuries-old home of one of the world's greatest wines. Today, modern methods to a certain extent have replaced many of the old wine-making processes.

(It is NOT true, that "only in Cucamonga, do they still stomp out the stuff with their bare tootsies!"; always efficient, the hillsiders of San Bernardino are now wearing 'swimfins' at their work.)

Perhaps the one thing the Spanish winemakers do have that has not (as yet) been successfully duplicated (or bettered) in the California wineries, are the thousands of barrels of old, old wines that have resulted from the Solera system. Even these fine old wines—some blends of wines over 50 years old—are now blended into younger wines, for various degrees of the characteristic old, nutty, Sherry flavor.

The Solera system is a really simple thing, but it's kinda hard to explain. Picture a whole row of casks of wine, with another row on top of those, and more and more rows on top of these, etc., etc., bottom casks may contain part wine that is 20-30-50, or more, years old while the row just above is a few years newer. Then, the wine in the next

row up will be less aged, and so on up to the practically new wine in the casks on top. See . . . ?

Now, when the wine is drawn from the bottom row, it is replaced by wine from the next oldest (the row above); this in turn is replaced by wine from the next oldest above,—and so on up to the top, where they'll add some of yesterday's squeezins. This means that the wine bottled from the bottom is aged and multi-blended. (Almost all wines are blends to an extent, of different wines and/or juices from the same type grapes. This enables the winemaker to make a product that is stable batch after batch.

To maintain the quality and flavors of these long-aging wines, the casks of Sherry are subject to some kind of heat processing. Because of this, Sherry is sometimes called a baked wine. The combination of selected grapes, heated storage, aging, old oaken casks, and the Solera system of blending, all work to give Sherry its basic nut-like flavor. However, differences in wine grapes, deliberate selections for blending and mating for color, flavor, etc. make it possible for Sherry to be produced in many colors, flavors, and actual tastes. Almost *all* Sherry wine is from 20% to 24% alcohol by volume.

Dry Cocktail Sherry will be pale in color; seemingly light and dry in texture and taste. Thoroughly chilled it is a fine appetizer wine, and a major item now in demand at cocktail bashs. At the other end of the Sherry list, are heavy bodied, maturely bronzed, sweet Sherries. Often flavored as sweet Dessert wines, these dark brown mellow wines are best for almost any cooking purpose as there is more flavor residue left when the alcohol is burned off. In between these two Sherries, are many, many others; perhaps in the middle is a medium Sherry (just plain Sherry on many California bottlings). A little sweeter than medium is a cream Sherry; while less sweet is a Palomino, which is not quite a pale dry. California has used quite sensible descriptive names for many Sherries; comparisons with the Spanish are often made.

The driest of Spanish Sherry, is a *fino* (though basically all dry Spanish Sherries may be called *fino*) and as dry, perhaps, but aged and blended to a distinctive and remarkable flavor is *Amontillado*. Sweeter (Spanish) Sherries are in two groups, though they may be jointly called *olorosos*. Least sweet is a *pale cortado*, which is comparable to a California medium Sherry. There are literally hundreds of variations; sweetest and heaviest bodied are the *olorosos proper*, so-called. These are dessert wines.

Spanish winemakers also had a thing with natural yeasts in the processing of some of their wines; these are called *la Flor* Sherries. In California, some wineries operate a *solera*, some few make a *la Flor* Sherry, and much of California Sherry is made by more standard bulk wine procedure, with sometimes the more flavorful fine wines of the



more difficult and expensive methods, blended in.

Let's keep in mind, then, that versatile Sherry, of some kind, is usually liked by everyone; for those who want a sweet wine or a dry wine, or for those who have found that the nutty flavor of a fine Sherry is just the drink for them.

However, Sherry is (alcoholically) a heavy wine, and is not recommended as a table or general dining beverage. An exception is the custom of serving a glass of dry Sherry—well chilled—with canapes, hors d'oeuvres, and soup, in a formal meal.

Around the small town of Epernay, in North Central France, it was thought, many years ago, that the small, tart local grape had a happy faculty of retaining its bubbly or effervescent quality, after the wine had been made, (what is now called a second fermentation). The wines made from these comparatively few acres of grapes, after being processed, bottled and aged became a naturally foamy product, and were obviously different from other wines. Some other wines do have this effervescence, to an extent; all of these, both red and white, are called sparkling wines.

The particular wines from this Champagne district—as it is known geographically—became premium wines, because of their rarity and scarcity. Of course vinyardists soon got the idea, and planted more and more of this particular grape; in fact, they planted so much that they might have ruined the value of the true original wines from Epernay. So a wise French law was passed, prohibiting the use of the name Champagne on any but wines from the select and original (even so—considerably enlarged) district.

**VINTAGE** In European vineyards and wineries, there is a thing called a vintage, which we do not have in domestic wines. Vintage is easily explained: wine growers have figured out that it takes—in their particular vineyard—just so many days for the wine-grapes to mature, from first bud to full ripe bunch. They broke this down to so many hours of sunny weather, so much damp and foggy weather, etc. Of course they noted that in years when the ripening season had a lot of sunny days—the grapes (and the wines they made) were better than in years when the weather was bad. This figures, because it needs the sun (as in California) to convert or cook the natural sugars in the grapes, to form the basic alcohol. So, in years with heavy sun, and little wind or fog, a much better grape (for wine making . . .) was grown; and these produced a much better wine, with a higher measurable amount of natural flavors and alcohols. All years were not good, but the good years were called vintage years. At Epernay, the right combination of vines, soil, climate, makes for fine Champagnes; but these, compared to the bulk of wines produced elsewhere in Europe,

are still somewhat scarce. In California, some batches of fine wines that seem particularly good to the maker, may be called vintage; in the old-country sense and meaning, we do not have vintage years in California, simply because every year had more than enough days of hot, sunny weather to fully mature the grapes.

To get back to the Champagnes of France, in the 'old-style' manner, the wines of Champagne were hand-bottled, set to age and ripen in racks at the proper temperature. Much of this was done in natural caves. Bottles were corked tightly to prevent the escape of the natural effervescence; so that the cork would not dry out, the bottles were laid on their sides, and slanting down. For the same reason, each bottle was given a quarter-turn each month—for seven long years or more. Then the old cork with the accumulated sediment on it, was dexterously removed and a fresh cork was put in its place. With all this handling—over seven years—many bottles were lost; explosions, seepage and possibly the vintner drank a few! All these factors helped make this wine of Champagne a luxury, and a very expensive item.

(Now, of course, they stir up a batch in a large bath-tub, add some chemicals like carbon dioxide (which also make 7-Up fizz, machine bottle it, and wham! It's on the shelves waitin' for you, in a few hours!) A modern method called bulk-processing does eliminate much of the old way, much of the time involved. Knowing a real good thing when

they had it, the Champagne manufacturers have kept the good old luxury prices on Champagne. Actually, in many states this includes a ridiculous and uncalled for \$3.40/gal. "sparkling wines tax," in addition to all other taxes of making and marketing. Incidentally, ya wanna really live it up, try a Champagne Spritzer for hot weather; half-fill a tall, tall glass with Champagne; add a couple ice cubes; fill glass with good soda. Very relaxin'; also fine with Reislung, Traminer, other 'dry' white wines.

Champagne has several degrees of sweetness. *Brut* is the driest. A real sweet Champagne is a *doux*.

California Champagne is among the finest in the world; it is made from the blended juices of several fine wine grapes. In color the wine runs from a pale straw color, through brilliant gold; there is also pink champagne.

Aside from Sparkling Burgundy, there are also fine sparkling Rose Wines and sparkling Muscats (also called *Moscato Spumante*). Some wines are made artificially sparkling by addition of an artificial carbonization; these (by law) must be so labeled.

All of these fine sparkling wines are made in California; because of peculiar, current (1964) tax demands, it is not very profitable to market





them. There is some hope that a sensible adjustment of taxes on wine manufacture will make these more available, more popular as they deserve to be.

American wines are made commercially in 27 states: Florida, Missouri, Arkansas, Ohio, Indiana, New York, etc. Many are fine, high-quality wines; but America's best—acknowledged by the world—are from California. (The Chef is obviously one of them natives!)

When cooking meat, fish, or poultry, you will add immeasurably to the flavor if, after the item is just cooked, and the excess fat poured off, you add a glass (2 or 3 ounces) of wine to the food in the pan. Swirl it about over the flame or heat; it will catch fire, but this spectacular blaze will burn off in a minute. This is the actual alcohol in the wine that is on fire. The residue of the wine, left in the pan, and then poured over the food as it is served, makes the dish doubly exciting and palatable.

Each wine is at its very best at one certain time after its making; this may be one year or twenty, seldom more; and this varies with the wine. A Rose wine for example is considered best when young, one or two years old. If it is a somewhat sweet Rose (and a few are) it could be at its peak in a little over two years; possibly the added sweetness preserves it longer. Similarly, a very dry Rosé would be most drinkable a year earlier. In California, the average age for fancy-grade appetizer and dessert wines is around four years, mostly spent in wooden casks; three years for most red table wines (two of this in the wood); two to three years for the white table wines; three to five years for Champagne, etc. Like almost everything, wine can gradually deteriorate after reaching its peak of perfection, though it may first maintain that peak for quite a time. Aging mellows wine, but a so-called real old, old wine is not necessarily a good or a best wine.

Sometimes a wine of some years in the bottle, will have a slight sediment; this is not a fault or a flaw; it will, in fact, usually denote a particularly notable flavor in that bottle of wine. The bottle should NOT be shaken up. NO wines should be—ever! The wine should be carefully poured out (or decanted), leaving the sediment in the bottom of the bottle.

Wines, in your liquor store or market, most often come in 4/5 pints and 4/5 qt; these hold 12½ oz. and 25.6 oz. Some quarts of 32 oz. are available; half-gallons (64 oz.) and gallons (128 oz.) are most economical. Most popular—for family consumption—is the half-gallon; probably because it fits so nicely in the 'fridge; some of the fancier bottles even look well as table decanters. Dinner wines and Champagnes often come in splits; these vary from 6 to 8 oz.; usually offer two glasses of the wine.

And this also seems like a fine place to end the mad pages of this Gay Cookbook. If the true way to a man's heart (what was that, again?) is through his stomach then the many pearls of wisdom dropped here will help in making many trips to his best feature.

We feel that the enlightened souls who have read here—be they men, women, children, or otherwise, will somehow manage to get their share. And my dears it is really much more sporting to offer an omelette instead of a \$5 bill. However, let us add a social warning (to all sportsmen): When you have enticed someone in, and after some minutes of what is politely known as desultory conversation, and the character starts playing with his switchblade as he says, "Lay some bread on me, hear?" he is NOT asking for a sandwich. Ya better get out the billfold (the one with the single small bill), edge the door open, and prepare to scream the house down, Gert.

Also, let's not be so damned competitive; as the old spider said to the young one, "Lissen, May, ya keep ya cotton-pickin' hands off my fly!"

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## *The End*



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the **Gay Cookbook** *by Lou Rand Hogan*

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